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TURF.

(Flat Racing.)

*** *The figures in parentheses in this Index denote the number of days' racing at each Meeting.*

21—Lincoln Spr. M. (3).
24—Liverpool Spr. M. (3).
28—Nottingham Spr. M. (2).
30—Northampton Spr. M. (2).

(Steeplechasing.)

1—Ludlow Club (2).
2—Portsmouth Park (1).
3—Sandown Park (1).
4—Grand Military M. Sandown Park (2).
5—Colwall Park (1).
7—Folkestone (1).
7—Wolverhampton (1).
8—Leicester (2).
10—National Hunt and Cheltenham M. (1).
11—Kempton Park (2).
11—Hooton Park (2).
14—Derby Hunt (2).
14—Wye (1).
16—Gatwick (2).
16—Chepstow (1).
16—Shincliffe (1).
17—Rugby (1).
17—Belvoir Hunt M. (1).
18—Lingfield (2).
18—Haydock Park (2).
21—Hawthorn Hill (2).
22—Monmouth (2).
23—North Warwickshire Hunt (Leamington) M. (1).
24—Liverpool (3).
29—Sedgefield (2).
30—Maiden Erlegh (2).

COURSING.

1 —Clonmel and Kilsheelan Club.
1, &c.—South Essex Club.
2 —Edenbridge and Tonbridge.
2, &c.—Creagh Club.
4 —Dunlavin Club.
8, 9 —Co. Clare Club (Ennis).
9, &c.—Gravesend and Cliffe Clubs.
11 —Newry Club.
11, &c.—Carmichael.
15, &c.—Plumpton.

DOG SHOWS AND FIELD TRIALS.

2 —Windsor.
2 and 3—Blackpool (Collies and Sheep Dogs).
3 —Cardiff.
12 —Derby.
22–24 —Manchester.

ATHLETES AND CROSS-COUNTRY.

1 —University College, Oxford *v.* Trinity Hall, Cambridge.
2 —Jesus College, Oxford *v.* St. John's College, Cambridge.
3 —Balliol College, Oxford, Sports.
4 —Magdalen College, Oxford *v.* Caius College, Cambridge.
5 —Oriel College, Oxford, Sports.
5 —National C.C. Championship, at Dunstall Park.
7, 9—Cambridge University A.C. Sports.
7, 9—University Sports, Oxford.
10 —Emanuel College, Cambridge *v.* Brasenose College, Oxford, at Cambridge.
12 —Cambridge University *v.* L.A.C.
12 —Welsh C.C. Championship, at Cardiff.
12 —Cambridge University *v.* L.A.C.
12 —Herne Hill H., Six-mile Walking Handicap with Cambridge H., Chislehurst.
12 —Polytechnic H., Twenty-one-mile Open Road Walk.
12 —Pembroke College, Oxford *v.* Sidney-Sussex College, Cambridge.
14 —Lincoln College, Oxford, Sports.
15 —Wadham College, Oxford, Sports.
16 —Exeter College, Oxford, Sports.
17 —Merton College, Oxford, Sports.
20 —Thames Valley H., 2½-mile Handicap, at Barnes (closing run).
26 —Oxford *v.* Cambridge, at Queen's Club, West Kensington.
26 —International Championship, at Haydock Park.

HORSE SHOWS.

1 to 4—Hackney Show, Agricultural Hall, Islington, N.
9 and 10—Hunters Show, " " "
11 and 12—Polo and Riding Pony Show, Agricultural Hall, Islington, N.

BOXING.

5—Polytechnic B.C. Open Novices' Competition, at the Gymnasium, Regent Street, W.
7, 14, 21 and 28—Contests at the National Sporting Club Covent Garden, W.C.
8—Oxford *v.* Cambridge, at Oxford
29—Amateur Championships, at the Northampton Institute, Clerkenwell, E.C.

HOCKEY.

2—Hants *v.* Middlesex, in Hants.
5—North *v.* South, at Surbiton.
7—Wiltshire *v.* Hants, at Marlborough.
12—England *v.* Wales, at Bath.
15—Ireland *v.* Scotland, at Belfast.
19—England *v.* Ireland, at Dublin.
19—Westmoreland *v.* Northumberland, in Westmoreland.
26—Scotland *v.* England, at Glasgow.
27—Devon *v.* Wilts, at Exmouth.

BILLIARDS.

1—12—Billiard Association Amateur Championship, at the Grand Hall, Leicester Square, W.C.
1—12—H. W. Stevenson *v.* F. Bateman, at Manchester.
21—Apl. 4—C. Dawson *v.* H. W. Stevenson, at Manchester, 18,000 up for £200.

LACROSSE.

12—Final South of England Flag Competition, at Lord's.
14—Oxford *v.* Cambridge, at Lord's.
16—Cambridge University *v.* South Manchester, at Fallowfield.
17—Cambridge University *v.* Albert Park, at Albert Park.
18—Cambridge University *v.* Owen's College, at Manchester.
19—Cambridge University *v.* Cheshire, at Stockport.
19—Middlesex *v.* Essex, at Leyton.
19—Surrey *v.* Kent, at Lord's.
26—English Club Championship, at Lord's.

ROWING.

2–5—Cambridge University Lent Eight-oared Races.
11–12—Cambridge University Clinker Fours.
11–12—Oxford University Clinker Fours.
26—Oxford *v.* Cambridge, Putney to Mortlake.

FOOTBALL.

Rugby.

5—Blackheath *v.* London Scottish, at Blackheath.
9—Surrey *v.* Somerset, in Surrey.
12—Ireland *v.* Wales, in Ireland.
12—London Scottish *v.* Oxford University, at Richmond.
19—Scotland *v.* Wales, at Edinburgh.

Association

2—Surrey *v.* London, at Guildford.
5—F.A. Challenge Cup, 3rd Round.
10—Norfolk *v.* Herts, at Norwich.
12—Scotland *v.* Wales, in Scotland.
12—Ireland *v.* England, in Ireland.
12—Corinthian *v.* Notts Co., at Queen's Club.
19—F. A. Challenge Cup, Semi-Finals.
19—Corinthian *v.* The Army, at Queen's Club.
21—Wales *v.* Ireland, at Bangor.
26—Ireland *v.* Scotland, in Ireland.
26—Corinthians *v.* Queen's Park (Glasgow), at Queen's Club.
26—Surrey *v.* Middlesex, at Ealing.

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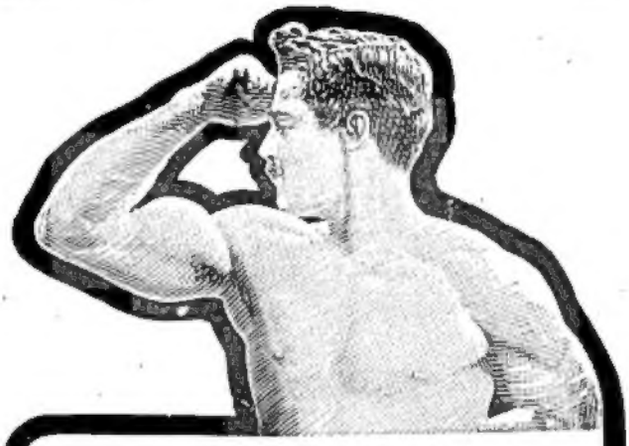

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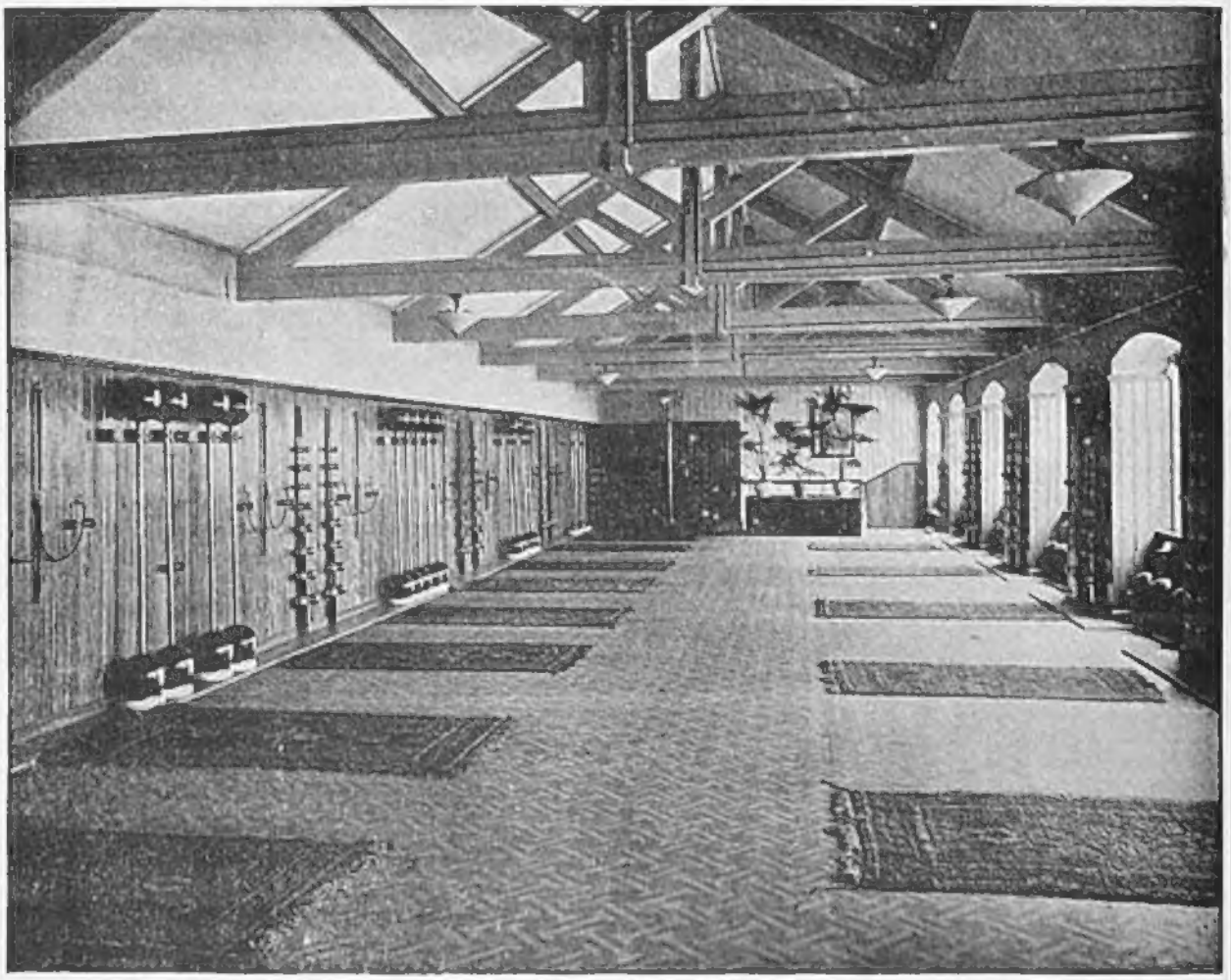

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CASE No. 4680. J.M.M. Medical man, aged 43, suffering with chronic constipation — ***Report after 28 days' Treatment.*** "I am extremely pleased to report myself as feeling A.1. Far more important I think is the increased feeling of well being and above all the **complete disappearance of the constipation** which has been my bugbear for 10 or 12 years."

Liver Troubles.

CASE 4871. Rev. G.E.S. Clergymen, aged 48, suffering from liver troubles, constipation an "tired and fagged out feeling"—***Report after 28 days' Treatment.*** "Greatly improved. **Have scarcely experienced that terribly tired, fagged-out feeling** in my work, which I suffered from before—bowels correct."

Insomnia.

CASE No. 4757. H.E. Gentleman, aged 28, suffering from insomnia, indigestion, and constipation.—***Report after 28 days' Treatment.*** "Very much better in health, **sleep sounder,** digestion better, and bowels correct."

Indigestion.

CASE No. 4711. E W. Lady, aged 44, suffering with obesity, indigestion and constipation.—***Report after 12 days' Treatment.*** "**Digestion greatly improved,** bowels improved, heavy tired feeling better, weight reduced 1st. 2lbs. The doctor says I must on no account miss one of your exercises, they are all important."

Loss of Vigour.

CASE No. 5005. J.B. Gentleman, aged 22, feeling of extreme lassitude.—***Report after 12 days' Treatment*** —"Feeling greatly benefitted by your system. **It has put more vigour into my life,** feel more able for daily duties."

General Development.

CASE No. 2462B. L.H. Age 25.—***Report after 3 months' Treatment.*** "Since taking your course of instruction I have greatly increased in strength and physical development—my biceps having increased 2 inches and my other muscles proportionately."

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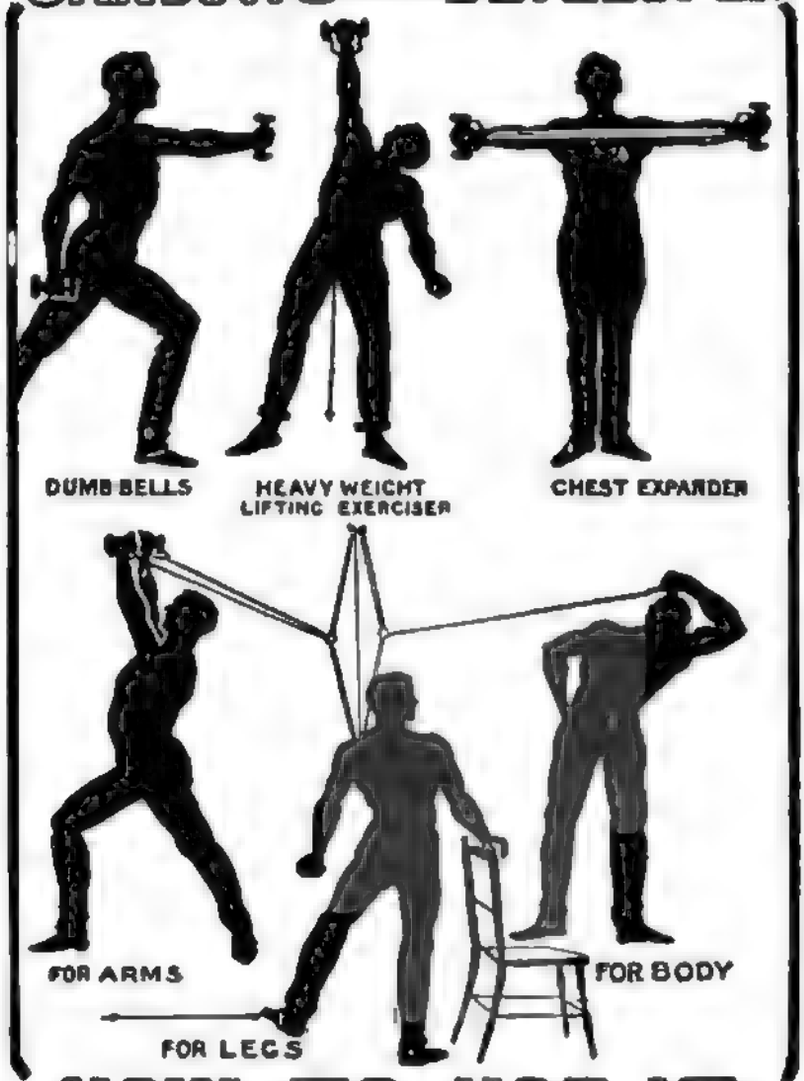

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Mr. GEORGE JORDAN.

TO PARENTS AND GUARDIANS.

SEE PAGE 228

OF THIS MONTH'S MAGAZINE FOR FULL DESCRIPTION OF

SANDOW'S METHOD OF INSTRUCTION FOR SCHOOLS AND COLLEGES.

EDITOR'S AND PUBLISHER'S NOTES.

NOTICE TO CONTRIBUTORS.—*The Editor will at all times be glad to consider articles, stories and sketches addressed to him at* 131, *Temple Chambers, Temple Avenue, E.C., but in order to avoid waste of time, contributors would do well to submit suggestions for his approval before sending in their work. In no case can the Editor be responsible for the safety of unsolicited sketches and literary matter, but where stamps are enclosed he will do his best to secure their return if unsuitable. When Photos are to be returned, contributors should state so clearly on the back of each.*

Fresh copy for advertisements must be sent in before the 15*th of this month, or the advertisement will be printed as in the previous month.*

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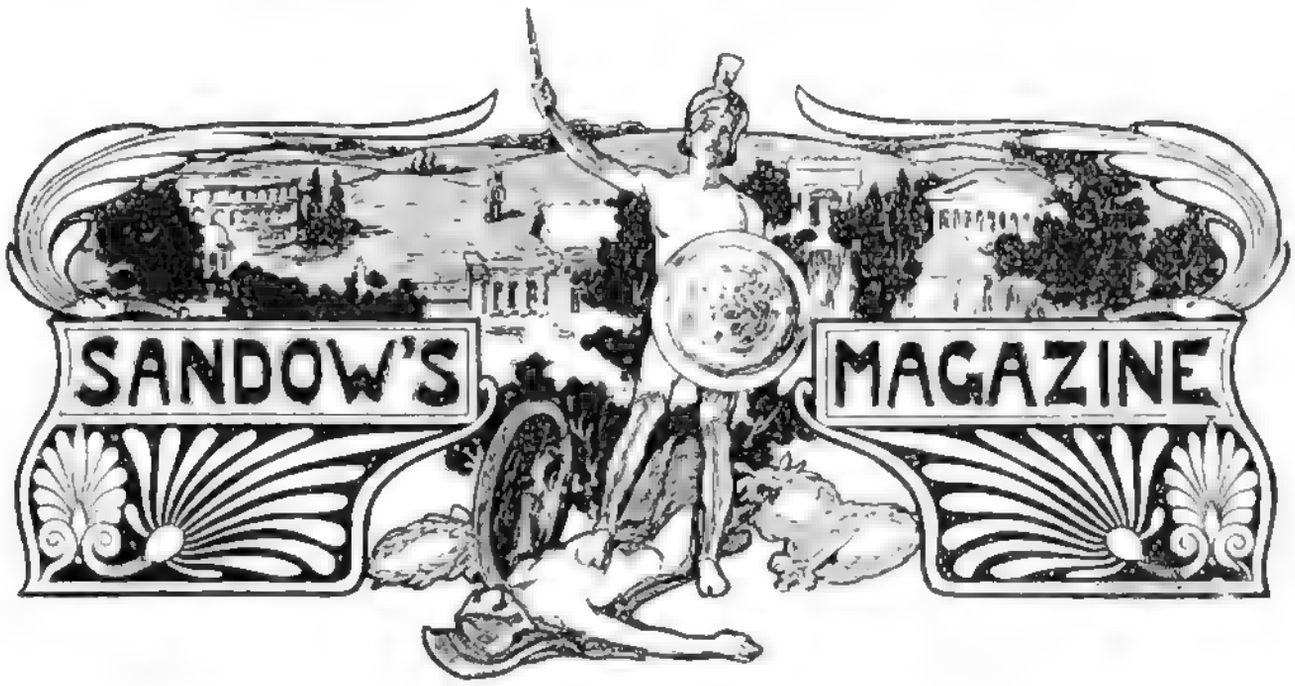
THE ANNUNCIATION. (*D. G. Rossetti.*)



OF

PHYSICAL CULTURE, SPORT, AND FICTION.

My Schools' Scheme Perfected.

ELSEWHERE in this month's issue of the Magazine will be found, fully described, my perfected plan for the instruction of children in schools, the result of many months of careful study and experiment.

I have purposely avoided mentioning this innovation before for many reasons, chief amongst them being that I considered it inadvisable to raise the hopes of those who have the well-being of their children at heart by placing before them promises which I was unable to fulfil. Therefore, I determined to give the system of schools' instruction a thorough test of its efficacy, and it is most gratifying to find that as the result of those experiments I am able to place before you something which I am confident will achieve all that is claimed for it.

No doubt many of my readers will remember that in the comments on the Royal Commission (Scotland) published in the middle of last year I drew attention to the necessity for more systematic exercise to be included in the scholars' curriculum, and also that far more attention ought to be paid to individual requirements, instead of, as is largely the case at present, treating every child, strong or weak, on the same basis. As the result of those remarks and the brief reference to the scheme for bringing about some reform in that respect, I had a very large number of applications from schoolmasters and schoolmistresses, as well as parents, to let them know the principles of the scheme. At that time, however, the project was still in its infancy, but although it was then in actual working order, I did not feel justified in publishing my ideas in detail until I was convinced that they were really workable and, as I have mentioned above, capable of accomplishing everything claimed for them.

As the result of consultations with the heads of schools of all denominations, I found the general concensus of opinion to be that in the case of most private schools the question of having a qualified instructor was the great stumbling block. (I have often explained how necessary it is that children's exercises should be set by someone capable of judging what their capacity is for exercise.) In many instances where the number of pupils ranged from twenty to forty, it would not pay the master to employ an instructor. This great and apparently insurmountable difficulty, however, I think you will find has been completely dispelled by means of the scheme which will be found briefly set out elsewhere in the Magazine.

The system of Instruction by Post I have long been giving, and many others have attempted to follow in my footsteps, but I can safely say, without fear of contradiction, that I am the first and only one who has formulated a really workable scheme whereby a whole school exercising together shall yet be receiving individual treatment suited to his or her actual requirements.

Just as much care is taken over every child, from the oldest to the youngest, as much as if they were one of the adults who place themselves under my charge. Each pupil is carefully measured and the various defects and weaknesses noted before his or her exercises are set, and this is done under my personal supervision. Then, again, each pupil's exercises are clearly set out and altered from time to time as occasion demands, and all for a very nominal fee, which will enable parents to give their children the benefit of my experience and so bring about a perfect state of health and physique.

I would like to mention here that should any head of a school desire further information on the subject, I shall be only too pleased to supply it on receipt of request.

The work entailed in placing this innovation before the public has naturally been very extensive, and has necessarily made considerable claim on the space at command at my City establishment, 17 and 18, Basinghall Street, E.C., where for the past six months the editorial work in connection with the Magazine has been carried on. So much so that it has become necessary once more to find fresh offices for the Magazine, and from the date of this publication the address will be 131, Temple Chambers, Temple Avenue, E.C. All communications addressed to me there will receive immediate and personal attention.

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THE SWING. (*Watteau.*)

Physical Beauty in Art.

By C. LANG NEIL.

III.

Illustrated with Reproductions from the Autotype Co.'s Issues of Famous Pictures.

THE eighteenth century marked a distinct epoch in art, and, as a general statement, it may be considered a retrograde period.

It had its men of genius whose works must be placed amongst the long roll of the world's great masters of painting. But there were none who stood out with the magnificent superiority of a Raphael, a Michael Angelo, or a Titian.

France boasts the fathering of most of the names of the handlers of the brush which have come down to us as the foremost of this period.

There was a general depression of the arts. The decorative, the architectural and the literary, in sympathy with their sister art, were all passing through a period of, shall I say depression, when Antoine Watteau, the leader of the French eighteenth century

school of draughtsmen, came to Paris and commenced his career as assistant in a shop where the business in hand was the supply, more or less *en gross*, of cheap and nasty sacred drawings to decorate provincial chapels and monasteries.

He soon rose by merit to better things, and ere many years passed was the most fashionable painter in the gay city.

He was, perhaps, the one artist who was drawn into the Academy by the earnest desire of its members, instead of being pushed in by powerful influence, and there is no doubt that in some sense Watteau wielded a master hand.

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"ESPIEGLERIE." (*Greuze.*)

Under Watteau and his contemporaries and successors we look in vain for the works which, in a previous chapter, I described as displaying the "magnificence of manly might." A lighter and less solidly great style of painting appealed to the French nation, which was at that time passing through a general depression.

Mr. Edgcumbe Staley, in his "Miniature Series" (Bell and Co.) life of the depicter of "Fêtes Galantes" says: "Everybody was wearied with a dull and stupid regime. There was a yearning after brighter things; for beauty and the picturesque; for dance and song. Everyone sighed for the gay days of Grand Opera to come again.

"This was the epoch of Watteau's début. On his part the young Valenciennes artist, from the moment he entered the studio of Gillot and saw into his methods, was not slow to mark the fashion of the times and the trend of public taste. His ideas were in complete accord with the new life and happier prospects of the Regency. Grace was natural to him—it was wholly his own—it was spontaneous, and not the stereotyped plasticity of the antique. His first efforts were no doubt somewhat sketchy and inanimate, but speedily his art developed into a vibrant and perfect style."

Reading that last sentence causes a comparison to spring to the mind. The early efforts of the greater masters were not slight and sketchy nor inanimate. They attempted subjects of physical beauty which compelled labour and depth and allowed of no scamping. The drawing of some mighty theme, as has been seen before, generally the figure of some demigod, a tower of physical proportion, formed the early work of these earlier masters.

These simple, natural, and grand subjects failed to appeal to the eighteenth century man of fashion.

Mr. Edgcumbe Staley's description (as artistic as a piece of word painting as the brush work of his subject) of Watteau's first great work will give, far better than any words I could command, at once a perfect summing up of the character of Watteau art and confirmation of what I term the dropping away from the grand and impressive physical beauty to the portrayal of the lighter phrases of Court life: "The 'Embarqument pour l'Ile de Cythère' took Paris by storm—it was a revelation, fresh and delightful. It was no less than the creation of a new world. The tiny islet, sleeping on the enchanted waters, appears mysteriously enveloped in vanishing vapours. The foliage, realistic and luxuriant, gives shade and sun their mingled reflections. The atmosphere is a scheme of

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COUNTESS BLESSINGTON. (*Lawrence.*)

colour, inspiring and scenting the whole scene. The perspective is perfect and the distinction of light makes a veritable paradise.

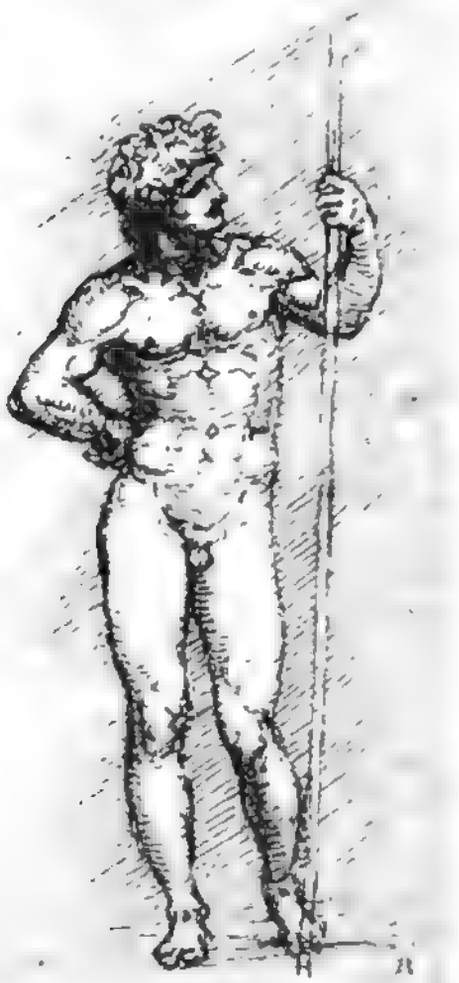

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FIGURE OF A YOUNG MAN. (*Da Vinci.*)

Cavaliers, gaily apparelled, offer their hands caressingly to their lovely partners, and assist them to embark upon the gay pilgrimage.

"Venus, slightly veiled, receives her guests in her gondola with a ravishing smile. Overhead the sweetest of doves extend their wings to pilot serenely the course. Everything is full of love and beauty. The only shadows in this entrancing fairy land are light, fleecy clouds, and the rhythmical waving of evergreen foliage.

"The ripples on the lake are only sleepily disturbed by the silent splash of the fountain spray. This masterpiece is in the Louvre, and a replica, nearly as famous, is at Berlin.

"Here we behold the outstanding characteristics of the master, (1) Inspiration; (2) Composition; (3) Drawing; (4) Colour; (5) Touch; (6) Transparency; (7) Costume."

Another writer has described his touch as "the almost imperceptible brush of the petals of a flower made by an alighting butterfly, or by the wings of a fleeting bird."

Three years after the death of Watteau was born in Tournus another artist who, whilst of what may be described as the *sweet* type, worked on quite different lines.

Jean Baptiste Greuze commenced drawing at eight years of age, and at thirty was made a member of the Academy.

He is best known for a number of portraits of youths and maidens, several of which adorn these pages.

His girls often have a knack of ricking up one shoulder, which, whilst helping the artist's design to convey a mixture of innocent coyness with a spice of coquetry, is yet most unnatural. His female figures are by no means bad types of physical development, and this is to a great extent due to his model, Mademoiselle Anne Gabrielle Babutz, a saleswoman in a Paris book store, and to whom he was afterwards married.

A letter of the artist's, which is reprinted in Harold Armitage's "Greuze," gives the artist's own account of the love making between them, and is well worth reading. After describing his noticing Mademoiselle in the shop, he says "I was struck with admiration, for she had a very beautiful figure; and that I might have a better chance of seeing her I bought a number of books. Her face was without character, and was, indeed, rather sheeplike. I paid her as many compliments as she could wish, and she knew who I was, for my reputation had already commenced, and I had been recognised by the Academy.

"She was then thirty and some odd years of age, and therefore in danger of remaining single all her life. She employed all the cajoleries that were possible to attach me to

her, and to cause me to come again, and I continued to pay her visits for about a month. One afternoon I found her more animated than usual. She took one of my hands, and regarding me with a very passionate look, she said, 'Monsieur Greuze, would you marry me if I were to consent?'

"I avow I was confounded by such a question. I said to her, 'Mademoiselle, would not one be too happy to pass his life with a woman so lovable as you are?'"

The letter goes on to tell how, upon this slight remark, the lady purchased and wore jewellery (imitation), and led Greuze's friends to believe that she was secretly married to him. Greuze taxed her with the deception and avoided further intercourse until, he continues, "One fine day she came knocking at my door, accompanied by her little servant girl. I took no notice of the knocks, but she knew I was there, and she attacked my door with her hands and feet like a veritable fury. Then, to prevent a public scandal, I opened my door, and she threw herself into my room all in tears."

This lively interview ended in the artist promising to marry the persistent lady, which pledge he eventually carried out some two years later.

As may be imagined, she proved a very curse to the man she had won in so unmaidenly fashion, and he obtained a separation from her.

But to hie back from his domestic infelicities to his canvases. There is no doubt that his finest works were that series of youthful heads from which several of our illustrations are culled.

Speaking of his art later in the same Miniature Series volume, Harold Armitage says: "In London it is an

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A CHILD. (*Lawrence.*)

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PASTORALE. (*Boucher.*)

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INNOCENCE. (*Greuze.*)

easy matter to study Greuze's child portraits, because there are a few examples at the National Gallery, and more at Hertford House (The Wallace Gallery).

"Standing before these canvases the general effect is one of sweetness and delicacy, one colour melting into another in almost imperceptible gradations, and giving an impression very unlike the one we receive from the hard edges of a painting by Maclise, for example. The colours are not positive, but have been softened and harmonised. For instance, if a piece of white paper is held against what may seem to be a piece of white drapery, it will be found that the white has been modified into a beautiful delicate pearly grey. The same test may be applied to the other colours. Hold a piece of positive blue near to one of Greuze's seemingly blue ribbons, and it will be noticed that a similar modification has been effected.

"The forms, too, have been rounded, and have been freed from all angularities. Indeed, Greuze has carried this process as far as it is possible. Too much of this smoothing and the picture would lose in character and would become but a vapid piece of work."

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GIRL WITH SCARF. (*Greuze.*)

Almost contemporary with Greuze, England produced a painter whose work has sometimes been compared with that of the Frenchman.

William Hogarth was born in London towards the close of the year 1697.

His most widely known works are the eight oil paintings of "The Rake's Progress," now in the Soane Museum, Lincoln's Inn Fields.

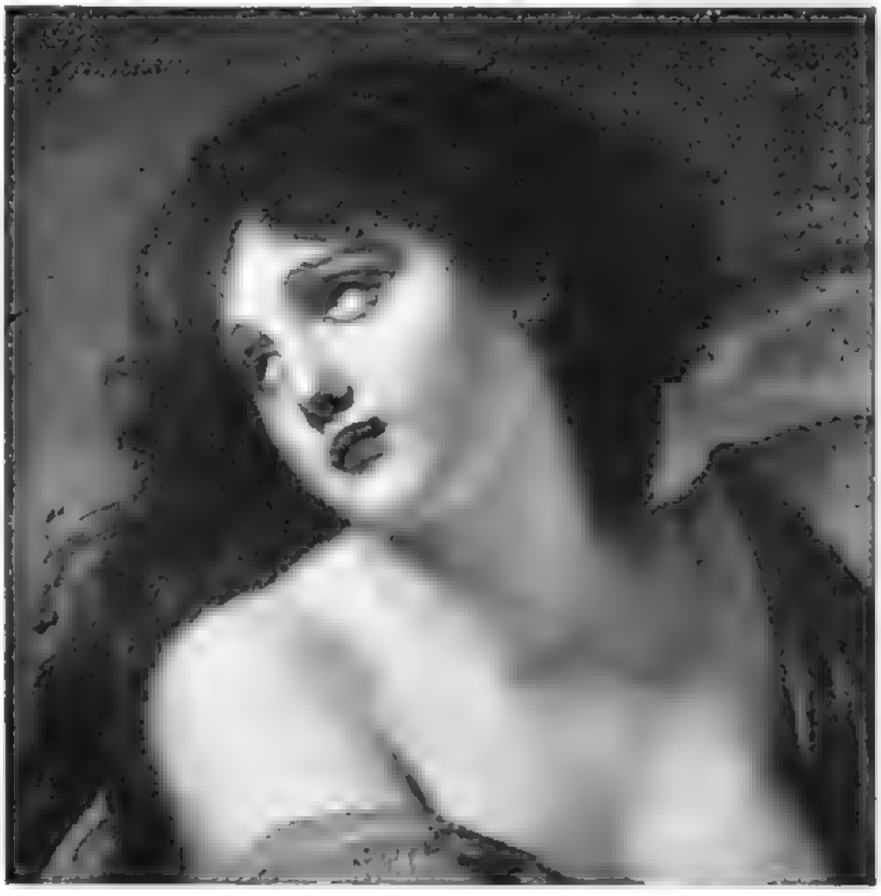
By the way, there are some fine examples of human physique depicted in marble amongst the other treasures of this little known London museum, which is open to the public freely, and is well worth a visit from the physical culturist who has also an interest in the "beautiful" side of the question of bodily build.

Hogarth always endeavoured to teach morals and tell stories in his works, hence they fail to reach the high artistic standard of many other leading English painters.

All born within a few years of each other were three other English painters, several examples of whose works have adorned the pages of the earlier articles in this series, Reynolds, Romney and Gainsborough.

Gainsborough was by far the greatest all-round artist of the three, but Romney was

the best draughtsman. They were all portrait painters and are known almost entirely as such, but each of the three introduced whole figures wherever possible upon their canvases, and Romney was a master at the art of displaying his sitters' figures to the best of advantages. His biographer in Bell's Miniature Series, Rowley Cleeve, after pointing out an inclination to sameness and monotony, continues: "He was, however, a true artist and could not avoid making his pictures beautiful. He had a keen sense of beauty, a passionate love of warm, rich, sunny colour, and when he came to deal with historical or dramatic scenes, a very powerful imagination; but he was careless and wasteful of his powers, and was so overwhelmed with commissions that he did not put his best work into many of the pictures that he painted. They, however, always charm, and they are always pleasing and generally poetic, although they are in other respects very frequently open to grave criticism.



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A STUDY FOR "GRIEF." (*Greuze.*)

"There are instances in which his ability reaches a very high plane. Some of his portrait figures are really sublime, and the superb dignity of such portraits as those of Lady Hamilton as *Circe* and *Cassandra* will not be easy to exceed."

Thomas Gainsborough, the exact date of whose birth is not known, but it was some time in May, 1727, at Sudbury in Suffolk, suffered rather in the matter of biographers in comparison with his great rival and contemporary; why it is rather difficult to determine. It may probably be accounted for partly by the peculiar character of Gainsborough as a man, and partly by the comparatively short duration of his activity in London, which covered only the last fourteen years of his life. From a society where all, more or less, affected culture he held aloof, and at that time cultivated society was pre-eminently literary. Books he had no love for. The society which refreshed and delighted Reynolds would have wearied and depressed him. He declared that his reading had been in the volume of nature, and that he coveted no other learning. He loved the company of musicians and actors, in fact all those with whom he might laugh and jest with more than a *soupçon* of license. He is said to have had extraordinary powers of repartee, but his retorts were the fruit of mother-wit and had no literary flavour.

Curious as it may seem in the creator of so many fine examples of refinement, elegance,

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STUDY FOR "THE BAPTISM." (*Raphael.*)

and *spiritualité*, Gainsborough's tastes led him rather into the company of Tony bumpkins than of young Marlows.

Gainsborough's father was a cloth maker, and, as a boy, Thomas, the youngest of nine, was to have followed in his parent's footsteps. During his school-days his propensity for draughtmanship was soon apparent, and two excellent stories are told of him. His great delight was sketching from Nature; and holidays were frequently asked for this purpose and generally granted. On one occasion the usual slip of paper from his father to his uncle, the Rev. H. Burroughs, master of the grammar school, authorising the treat was refused. The signed formula, "Please give Tom a holiday," was nevertheless forged by the audacious truant with such exactness that it readily deceived his master. The trick was discovered by some untoward accident, and Tom's father paid a horrible tribute to the excellence of the fraud by exclaiming: "Tom will be hanged!" When, however, the sketches made by the boy were submitted to him he changed his mind and decided that "Tom would be a genius." This power of imitation was very marked in the artist's later works. He frequently made copies of Rubens, Teniers, and Vandyck, which were so faithful as to cause connoisseurs to at first sight mistake them for originals.

Another anecdote of the painter's childhood is worth repeating. His father's orchard had frequently been robbed, the thief always managing to escape. One day, however, Tom happened to be sketching in the garden when he saw a man leaning over the wall and looking wistfully at the laden fruit trees. The boy sketched him and showed his drawing to his father, with the result that the man was recognised and eventually confessed his guilt.

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HEAD OF A BOY. (*Greuze.*)

When fourteen years of age Gainsborough came to London, where he entered the studios of Gravelot and then Hayman, after which he set up a studio of his own in Hatton Garden. He married a young lady with an annuity of £200 a year, and soon afterwards went to Bath, from whence he returned in 1774 and settled in Pall Mall. A few years later, however, he developed cancer in the throat, and from this he died on August 2, 1788.

Reynolds has left some very beautiful figures behind him on his canvases. In his "Three Graces decorating a figure of Hymen" his ideals approach as near to

perfection of female form as any ever delineated.

I must defer a further discussion this month, and I conclude with the apt lines of Goldsmith in epitaph of Joshua Reynolds:—

"Here Reynolds is laid, and to tell you my mind,
He has not left a wiser or better behind;
His pencil was striking, resistless, and grand,
His manners were gentle, complying and bland,
Still born to improve us in every part—
His pencil our faces, his manners our heart."

(*To be continued.*)

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GIRL WITH CLASPED HANDS. (*Greuze.*)

The Art of Tattooing.

By ERNEST RICHARDS.

THE anthropologist may find a splendid field for investigation in solving the query as to whether the art of tattooing is a revival or survival of barbarism in civilised nations, or whether, either in the savage or in the more cultured races of mankind, it is more or less an evidence of artistic temperament. It may be that among savage races and seafaring people it is simply used as a more ready means of giving permanent expression to their artistic tastes, since certain savage and semi-civilised races practise the art of tattooing on a far greater and more general scale than do their civilised brethren, and among civilised nations seafarers are, as a class, by far the most ardent devotees of the "cruel" art.

However, as this is a very difficult question to answer in a thorough and satisfactory manner, and as I propose in this article to deal chiefly with the art and incident of tattooing as practised by a professional tattooist in the neighbourhood of the docks, rather than pursue a scientific inquiry or prepare a philosophic treatise, I leave the solution of the query to the leisurely investigation of those persons who may be interested enough to collect data to support or supply scientific theories, and, in the meantime, all the writer proposes to do is to supply a few concrete examples, incidents, and illustrations culled from the diary, so to speak, of a professor of the needle and Indian ink.

A POPULAR DESIGN AMONGST TRAVELLERS AS A VARIATION TO THE FLYING DRAGON.

My particular professor has risen from the ranks; he is a self-taught artist, and commenced his career at the age of nine by endeavouring to tattoo his little brother, with the result that his juvenile relative had a very bad arm, the reward of the artist on this occasion being a taste of his father's belt.

Undeterred, however, by this and various other discouragements, and with the perseverance which is the sure sign of genius, the artist

A MARQUESAS ISLANDER.

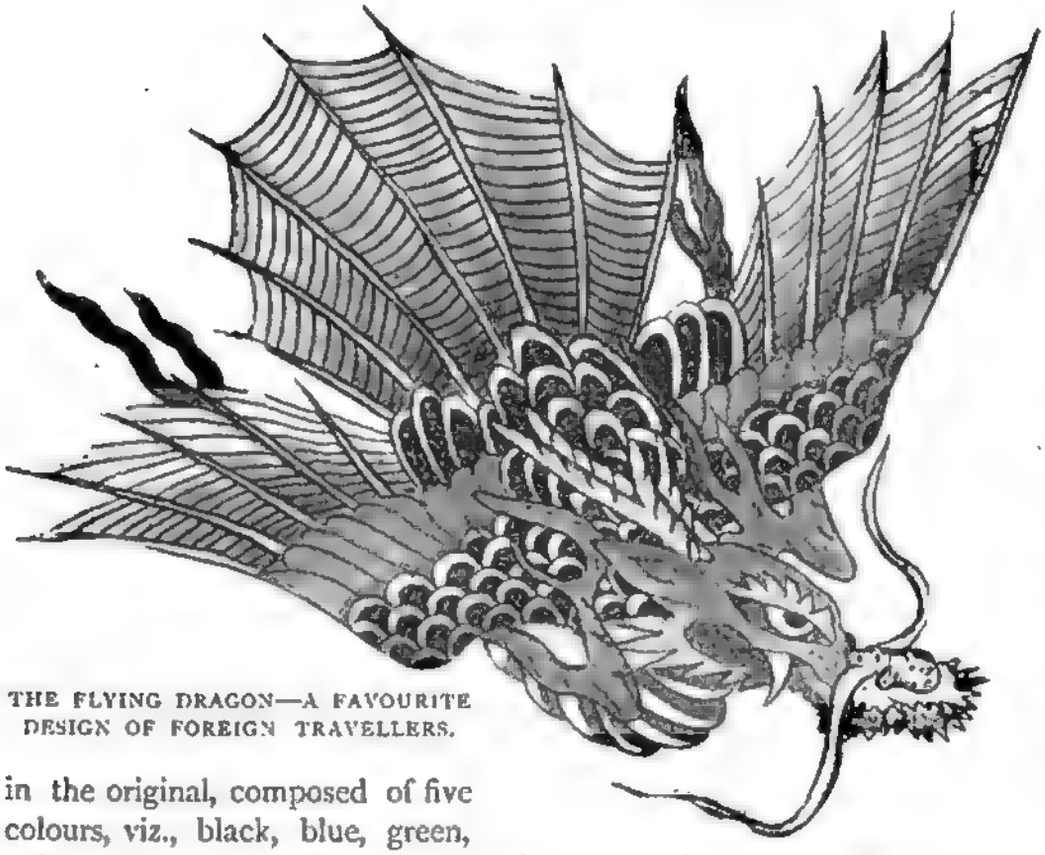
JAPANESE GIRL—A GENERAL FAVOURITE.

pursued his study, and, as opportunity offered, experimented until his success as an amateur warranted his discarding his work as a barge skipper, and setting up as a professional tattoo artist.

The old method of tattooing by the single needle, fixed at the end of a pen-holder, has long been discarded by the professor in favour of an electric appliance, which, I am assured, makes such delicate but rapid punctures that the whole process is painless, and the design is traced with much more artistic skill and technical precision than was formerly the case.

At the present day, also, the "sitter" need not hesitate to select a picture containing a variety of colours, and the copies of the various designs which illustrate this article are,

NO. 1.



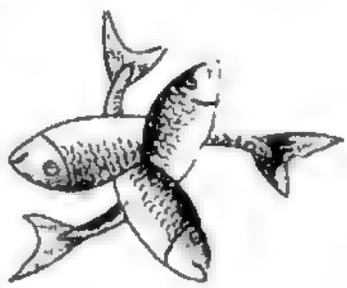
THE FLYING DRAGON—A FAVOURITE DESIGN OF FOREIGN TRAVELLERS.

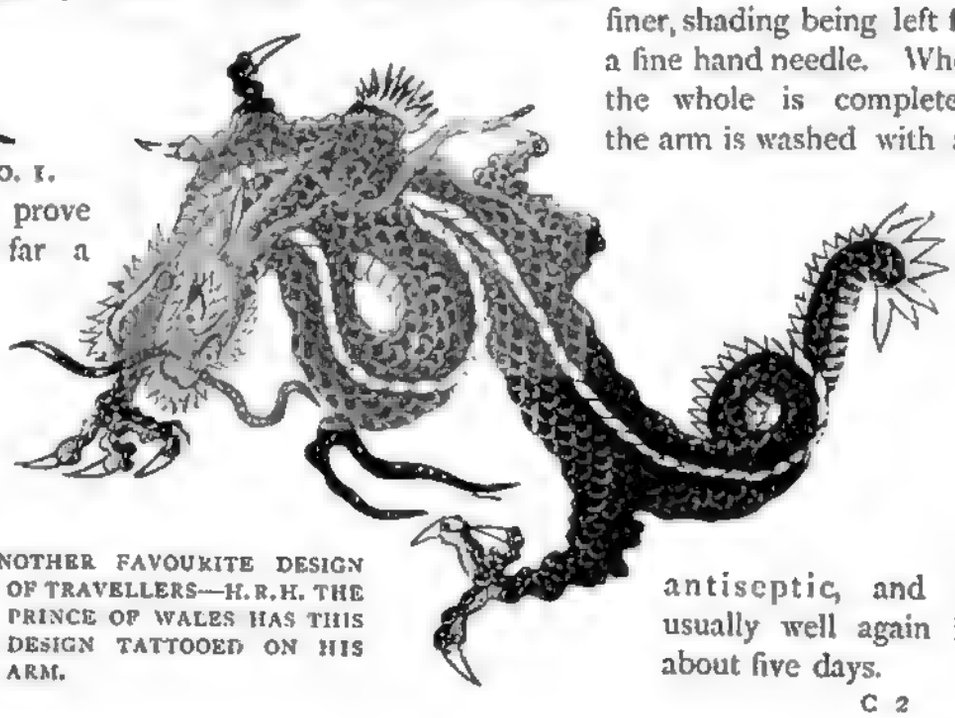
in the original, composed of five colours, viz., black, blue, green, red, and yellow, besides various shades.

The photo illustrates a Marquesas Islander fully tattooed, and, by way of comparison, the reader may compare photos Nos. 2 and 3, which illustrate a subject (himself a tattoo artist), treated by our professor, whose photo is in the block No. 1.

These photographs prove that the artist is so far a devotee of the art, and not a mere *dilettante*, as to practically submit to have the whole of his body covered with various designs. As a matter of fact, so wholly given up are the professors to their calling, that, failing a subject, they practise on each other.

The process of tattooing is carried on in a genuinely artistic manner. The arm is first shaved, the design is transferred or drawn on the arm with a camel-hair brush in indelible ink, the outline is then tattooed with a single electric needle. Afterwards the colours are tattooed with an electric reed, the finer, shading being left for a fine hand needle. When the whole is completed, the arm is washed with an antiseptic, and is usually well again in about five days.





ANOTHER FAVOURITE DESIGN OF TRAVELLERS—H.R.H. THE PRINCE OF WALES HAS THIS DESIGN TATTOOED ON HIS ARM.

NO. 2.

The professor has a very varied *clientèle* representing both sexes, all classes of society, and all nationalities. He confided to me that he had a list of subjects which included every nationality, except a North American Indian and an Eskimo. An Eskimo has never presented himself for artistic adornment; but on one occasion one of Fenimore Cooper's favourite characters turned up at the professor's den, but the artist refused, on sanitary grounds, to experiment on his dirty body.

By far the most numerous of his clients, however, are among the seafaring classes, though there are medical men, painters, journalists, manufacturers, commercial travellers, and tradespeople on his list.

One of the most interesting features of his profession, to the professor, is the preference which the various sections of his clients display for a certain class of design, though in all there are a matter of 3,000 to choose from. Among seafaring people, the most popular design is "Faith, Hope, and Charity," as represented by the cross, anchor, and heart; "A Ship under all sail"; "My Mother's Tomb," or a girl holding crossed flags.

The medical profession prefer to all other designs a skull, with a snake crawling through

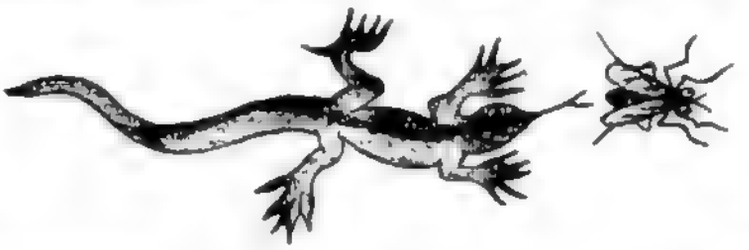
NO. 3.

a cross-bones underneath; whilst travellers among the commercial and peaceful classes who have been abroad show a decided preference for a fierce-looking dragon. This design, by the way, is similar to the one which the present Prince of Wales wears on his body.

The working classes who resort to the artist's studio generally prefer hands clasped under a heart, a butterfly, green lizard, and such-like simple and inexpensive works of art.

Our professor, with such a varied *clientèle*, is sometimes called to indelibly mark his subject with curious designs. On one occasion an Egyptian left his studio with no less than thirty hieroglyphics from the Mahommedan Koran on his arm. An Australian sallied forth to the world bearing a butterfly on the palm of each hand, and five men—a portion of the crew of a German barque—each had an anchor tattooed on the lobe of both ears. A Swede, making use of the art for devotional purposes, had the Lord's Prayer tattooed on his back in his native tongue.

The professor, in referring to the painlessness, states that he has worked on a man's back for six hours, though some people are, in the realistic language of the professor, "awfully funky at first." One man, a tall, powerful individual, standing six feet in height, fainted on hearing the machine click—even before the darting needle, attached to an electric battery, touched his skin. In contrast to this incident, the professor relates how a boy came in and said, "Stick it in deep, guv'nor, so it'll look plain." Thus the process, or, rather, the anticipation of the process, has a different effect upon different people.



With reference to the popularity of tattooed designs, the writer, after strict inquiries, finds that the "cruel" art is on the increase, especially among the gentry and the middle classes, though there is a slight diminution of the practice of tattooing among deep-sea sailors.

THE "PROFESSOR" AT WORK.

Hurdling.

SOME TIPS TO ASPIRING TIMBER-TOPPERS.

By H. SHAW.

WHAT the Grand National is to the Derby in horse-racing, the 120 yards hurdle racing championship is to the 100 yards sprint championship in athletics. And just as the great steeplechase at Aintree invariably forms a more picturesque spectacle than the race for the blue riband of the English turf, so is the hurdle race prettier to watch from the pavilion than the sprint. It is more exciting and presents greater variety in the styles of the competitors than a race on the flat.

Time was when hurdle-racing was an irregular kind of sport over any distance from a hundred yards to a quarter of a mile, and though races over the latter distance are still occasionally held, the favourite course is now over a distance of 120 yards. There are ten flights of hurdles, each 3 ft. 6 ins. high and placed ten yards apart. The competitors have a clear start of 15 yards before reaching the first hurdle, and there is left at the finish a margin on the flat of an equal distance. A contest of this nature is no mean test of a man's physical prowess, especially if the "going" be of a heavy nature. In America, hurdle-races are invariably run on the cinder path, but in this country they take place on grass, which adds to the severity of the task and accounts for the superiority of American times.

The first great point for the tyro to remember is that hurdle-racing and hurdle-jumping are two vastly different things. A competitor will never attain any degree of success if he attempts to *jump* the obstacles. They must be taken quite naturally in the course of the stride; and it is now thoroughly understood by all experienced hurdlers and trainers that the ten yards on the flat between each hurdle must be covered in three strides. This is what is generally known as "the three-stride method." By this method the fourth stride clearly carries the runner over the hurdle. The competitor must spring off one foot and light on the other without breaking the regularity of his stride. To succeed in this he must approach the obstacle at his highest possible speed, and, in rising, the knee of the leg nearest the hurdle must be raised upward and forward and the leg straightened across the body, as nearly as possible in a horizontal position the same as the top bar of the hurdle. The other leg is tucked up and brought over the bar ready to continue the stride. The adept hurdler schools himself to clear the hurdle in such a way that only a few inches of space will be allowed to separate his legs from the top bar. This conservation of energy is essential to fast times.

The necessity of cultivating a good stride is a point that must on no account be forgotten by those who take up hurdle-racing as a sport. The stride is everything. Mr. C. L. Lockton—no mean authority—says that Godfrey Shaw, of the London Athletic Club (probably the finest hurdler this country has ever produced), used to clear as much as fifteen feet in his stride over the hurdle, thus leaving the same distance to be covered in the three strides before rising at the next, and

frequently cleared the whole flight of ten hurdles without touching one of them. At a meeting of the L.A.C., he won the 120 yards hurdle-race from scratch in the fast time of $15\frac{3}{5}$ secs. Probably no greater trinity of hurdle-racing champions have ever been seen than Shaw, Daft and Donovan. The present champion, G. R. Garnier, who races in the Oxford University colours, promises well, though scarcely in the same class as the three giants who have preceded him.

In the famous Inter-Varsity athletic contests which have been held annually since the year 1864, G. R. Garnier has established a really remarkable record. In the year 1896 he scored his first winning bracket—a performance which he followed up in 1897 and 1898. In 1901 this splendid athlete again placed the hurdle race to the credit of his *alma mater*. After a bad start, and a plucky struggle by E. Allcock, Garnier only managed to get home by about a yard, in the rather slow time of 17 secs. In 1902 he was once more returned the winner, and last year he eclipsed all his previous records by again winning handsomely in 16 secs. dead. That is to say, for six years he placed the hurdle-race event to the credit of his college, a performance that has never been equalled.

In 1899 he did not enter the lists and the race fell an easy prey to one of the finest athletes Cambridge ever produced, W. G. Paget Tomlinson. On the same day as this athlete won the 120 yards hurdle-race he also placed the high jump to his credit, with the excellent leap of 5 ft. 8 ins. In this year, too, Paget Tomlinson succeeded in doing even time, after a very poor start. He caught his men, however, at the fifth hurdle and won easily. In the same year he placed the hurdle-race to the credit of Cambridge University in their match against the L.A.C.

It may be interesting to note here, in connection with these contests, that only four athletes—A. B. Loder, in 1876; W. R. Pollock, in 1884; Paget Tomlinson in 1899; and Garnier, in 1903, have won this race in 16 secs. Quite a number of competitors have won in two successive years, but none have won more than twice in succession, except Garnier, who accomplished the hat trick at two periods of his career. His father, it may also be remarked, tied with W. C. Davies on the only occasion when the race resulted in a dead heat. The slowest victory on record was that of T. Milvain, of Cambridge, in 1865, when the race was won in the phenomenally slow time of 19 secs. Both teams have won the event outright on twenty occasions and a dead heat resulted in 1871, so that honours up to now are even.

It may be added that our Varsity hurdlers have not yet been able to lower the records of our American rivals, a state of things which may be attributed largely to the fact that the athletes of Harvard and Yale train much more consistently, and have the advantage of a superior climate and better tracks. The American athlete, too, takes his sport much more seriously than the English; in fact, to quote the words of an American writer, "sadness is no word for the feeling with which a Yale or Harvard captain approaches any contest against his hated rivals." At an American university, all forms of sport are taken more seriously than is the case at Oxford or Cambridge.

The best method to commence training for this sport is to get the body first of all into a healthy condition by the use of developer, etc., and plenty of light outdoor exercise. At first, the beginner need not attempt to train over hurdles of the regulation height, or—unless he is a natural jumper—he will most probably be thus early disheartened. He will very likely have his shins often barked and come many croppers. The safer plan is to commence over hurdles of about two feet or more, gradually increasing the height as he improves. One thing he must never do, and that is to reduce the distance between the hurdles. That must always remain at ten yards exactly, or he will never acquire the three-stride method, which is absolutely necessary. He may at first reduce the number of hurdles to five, or

even less. As he learns to cover these in three strides, he can gradually increase the number. At first it may seem well-nigh impossible, and yet, on looking at Godfrey Shaw's method, it will be seen that his three strides only average five feet each, a less distance than he would be taking if running a hundred yards on the flat.

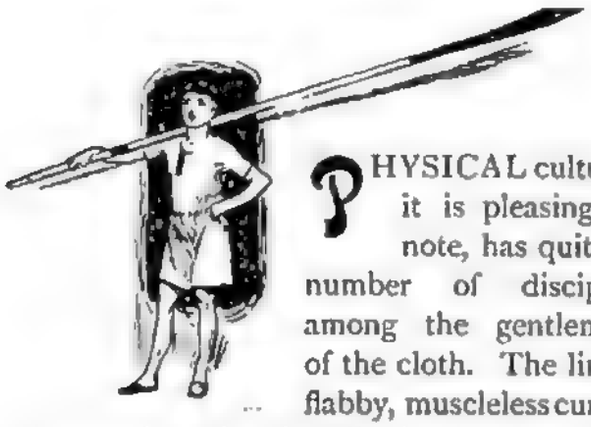
Constant practice is the only way to success in hurdle-racing. The aspirant to hurdling honours must also possess plenty of courage and plenty of dash and not be afraid of a few bruises, for these he is sure to get as he is improving his style of clearing the hurdle. Most prominent hurdlers use the left foot to spring from, but this is really a matter of little importance. The athlete should adopt whichever comes most natural to him. There is probably no branch of athletics in which the virtues of patience and perseverance will effect greater wonders than in hurdle-racing; and the slowest of beginners often turn out the fastest men in the long run.

It is an unfortunate fact that athletic associations do not encourage this branch to a greater extent; but the athlete who loves exercise for its own sake can choose no more pleasing pastime. It combines the pleasures both of fast running and jumping.

SKI-ING—ON THE WAY UP THE MOUNTAIN (*see page* 201).

Athletes in the Pulpit.

By F. S. MORGAN, B.A.



PHYSICAL culture, it is pleasing to note, has quite a number of disciples among the gentlemen of the cloth. The limp, flabby, muscleless curate of the caricaturist, the effeminate parson, the pusillanimous bishop, are no longer the typical representatives of the Church. The hunting parson, with his healthy love of a good ride in the crisp, frosty air, has set an admirable example to the younger generation,

REV. DR. E. WARRE,
Headmaster at Eton College. A famous Oxford oarsman.

and to-day we have quite a number of clerics who possess the *mens sana in corpore sano*. To-day we have our boxing parsons, cycling parsons, walking parsons, and a host of other clergymen noted for their skill in various forms of athletic exercise.

Where, for instance, could be found a more admirable specimen of muscular humanity than Archdeacon Sinclair, of St. Paul's Cathedral? His firm yet elastic step, clear eye, fresh complexion, are in themselves sufficient evidences of the cold morning tub and healthy physical exercise so agreeable to him. It is with cycling that Archdeacon Sinclair has most closely identified himself. He is an ardent cyclist, and has covered thousands of miles on his tricycle. A few years ago he performed the remarkable athletic feat of riding from Land's End to John o' Groat's, a truly wonderful feat of physical prowess for one who has not such facilities for training as the professional athlete.

Another ecclesiastical dignitary who has achieved fame in a different sphere of athletics is the Rev. Dr. Jayne, Bishop of Chester. The Bishop has plenty of both moral and physical courage, and can use his hands to punish a bully when occasion requires. Some years ago, the Bishop, then Vicar of Leeds, whilst walking through Hunslet, saw a puddler connected with one of the large ironworks of the district maltreating his wife. The Bishop rushed to the rescue, gave the brute a good thrashing, and finished up by catching him by the back of the neck and taking him to the police station amid the cheers of the bully's former companions.

Among athletic parsons, one of the most interesting is the Rev. A. N. Cooper, Vicar of Filey, a small place in Yorkshire. The Vicar is a pedestrian of no mean ability, and in

addition to many long rambles in England and Ireland, has accomplished the remarkable feat of walking from his village in Yorkshire

REV. W. E. LUTYENS,
The great Cambridge "miler."

to Rome. So celebrated has the Filey clergyman become for his pedestrian feats, that he is now known to fame as "the Walking Parson," and has published a number of books describing his experiences in various parts of the world.

"The Fighting Parson" was the name by which the Rev. C. Pierpont Edwards was known during his stay in the turbulent neighbourhood of the Borough. Though the rev. gentleman always took care to disclaim any pretence to being a boxer, he possessed sufficient skill in the manly art to make himself respected in the roughest quarters of this anything but peaceful district. On one occasion he assisted the police in a moment of trouble to such advantage that they afterwards gave him a present of a handsome service of plate.

In another sphere of athletics the Rev. W. E. Lutyens will always be remembered for his running in the light blue colours. He was the winner of the Inter-Varsity mile contest of 1892, 1893, 1894, and 1895, and scored numerous successes over that distance on the running path. Another famous runner who has joined the Church is the Rev. F. S. Horan, one of the greatest athletes of his day, and the President of the Cambridge University A.C. for 1895. In 1893–4–5, he won the three-miles Inter-Varsity contest; in 1895 he won the half-mile against Yale; and he holds the Inter-Varsity record for three miles. H. C. L. Tindall is another name prominently associated in Inter-Varsity athletic contests which has since been heard of with distinction in the service of the Church. He was probably the fastest quarter-miler England has ever produced and holds the amateur record over that distance of 48½ secs. He won the quarter-mile championship of England in 1888–89, and has many other magnificent performances on the path to his credit.

Football has claimed many distinguished clergymen among its votaries. The Rev. W. J. Carey was one of best players produced by either University, and played for Oxford against Cambridge on four occasions. He

REV. SIDNEY SWANN, M.A.,
The old Light Blue oarsman, who has cycled from Carlisle to London in the day.

was a regular playing member of the famous Blackheath team, and has also taken an active interest in running and rowing. The Rev.

E. M. Baker, whose christian work in the slums of Birmingham has gained for him the love and respect of all, has represented his University and his country in her international contest under the Rugby code. Then there is the Rev. F. Marshall, of Leeds, probably the leading authority on Rugby football in England. The Rev. R. W. Sealy, of Westward Ho, as Mr. Sealy Vidal, was a member of the first team that won the Football Association Cup, and has represented Oxford under both codes. He also has the unique experience of taking part in the first Oxford *v.* Cambridge Match under Rugby rules. He has also figured in his college eleven at cricket, and rowed in his college eight, and was the first President of the Oxford University Golf Club. Surely an athletic record of which any man might well be proud.

REV. E. A. STUART,
Captain of the Harrow XI in 1872.

Another magnificent specimen of muscular christianity is the Rev. E. H. Alington, who in 1875–76 was captain of the Westminster Football Eleven, and a member of the Oxford University Eleven against Cambridge in 1877–78. He also played for the Old Westminsters, was captain of the Cup Team of 1884, and was one of the eleven that won the Charity Cup in 1889. He was also one of the Cygnets Team (Oxford) that won the Oxfordshire Cup and the Henley Charity Cup of 1896.

Few clergymen have had the experience of taking the place of a professional goalkeeper between the posts, but the Rev. G. B. Raikes has deputised for Reilly, of Portsmouth, during the latter's absence. Dr. Warre, the present headmaster of Eton College, was in his day a good oarsman, and had a seat in the Oxford boat from 1857 to 1859 inclusive. In the latter year he was elected President of the O.U.B.C. The Rev. A. F. Titherington, of Brighton College, has the proud honour of having been stroke of the Oxford boat in 1887. He is, needless to say, a great believer in athletics for boys, and says he has known boys saved from most undesirable things by developing a taste for athletics.

The Rev. W. Pollock-Hill was President of the Oxford University Athletic Club in 1889–90, and won the Inter-Varsity Cross-country championship on three occasions. The Rev. A. F. Clarke won the Freshmen's mile at Oxford as far back as 1868, and in 1871 won the three-miles Inter-Varsity race. The Rev. A. P. Wickham is wicket-keeper for Somerset County, and the Rev. T. Greatorex has played cricket for Middlesex. The Rev. B. G. Popham, when Curate of Christchurch, Woking, was captain of the Woking F.C., and the Rev. E. A. Stuart, of St. Matthew's, Bayswater, was captain of the Harrow Eleven in 1872, while the Rev. W. Rashleigh wields the willow for Kent.

Cycling has a great number of devotees in the ranks of the clergy. The Rev. W. W. Skeat holds the record of being the first Cambridge professor to ride a bicycle. The Rev. J. H. Ellison, Vicar of Windsor, is also an enthusiastic wheelman, as is the Rev.

W. Y. Fausnett, Headmaster of Bath College. The Bishops of Carlisle and Rochester, the Archdeacon and Canon of Durham, the Rev. Dr. Dallinger, the Rev. Thomas Spurgeon, the Rev. E. D. Cornish, and many other well-known clerics are all devoted to the wheel as an ideal form of outdoor exercise.

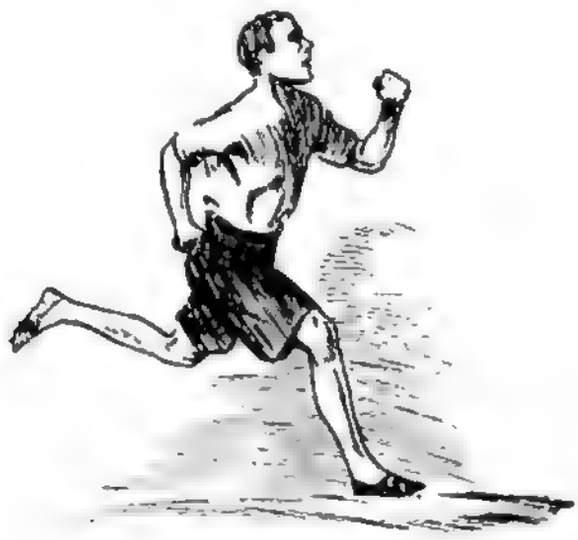
In rowing circles, the Right Rev. E. Hobhouse, Rector of Wells, is able to boast that he stroked the Balliol boat in 1836–37. The Rev. Sir E. G. Moon was the winner of the Oxford Varsity Sculls and the Diamond Sculls in 1846, and the Rev. F. C. Alderson, M.A., was an oarsman of some repute for many years. Mountaineering has a distinguished representative in the Rev. G. T. Bonney, who is an ex-president of the Alpine Club. Golf has no mean exponent in the Hon. the Rev. Latimer Neville, Rector of Heydon, and the Rev. E. Allcock, Headmaster of Highgate School, is a capable cricketer, can play a good game of fives, and has also a weakness for golf. The Rev. Augustus Austen-Leigh, Provost of King's College, Cambridge, is a past president of the Cambridge University C.C.

The Rev. H. W. Workman, the old Light Blue President, who has lately been appointed a Chaplain of the Fleet, is another who has made a big name in the athletic world. Mr. Workman, in addition to winning the three miles against Oxford, was a fast half-miler, for it will be recalled that when he ran for Oxford and Cambridge Universities against McGill University at Montreal in 1901, he covered the distance in 1 min. 54⅘ secs.—only ⅕ sec. worse than F. J. K. Cross's Oxford record, made on March 9th, 1888. He was also a very fine runner across country.

The Rev. L. G. B. J. Ford, headmaster of Repton, is the youngest but one of the famous cricket brotherhood. He was a master at Eton for many years and a mainstay of the Windsor Home Park C.C., also playing for the Free Foresters and Old Reptonians. He is a very hard hitter, like his elder brother, "W. J.," and a fast scorer, and bowls slows with a peculiar puzzling action.

Finally, may be mentioned the Rev. F. H. Jones, the Cambridge three-quarter, who recently obtained a Service chaplaincy.

Athletics are, in fact, very strongly represented in the churches of all denominations, and the general testimony of all these gentlemen is that athletic sports and exercises lead to a pure, healthy life. "Anything," says one, "that leads to the cultivation of self-denial, perseverance, and determination, as athletics do, must inevitably lead to elevation of character."



"Footer" in France.

By A SURREY FORWARD.

TWENTY years ago, the English visitor in Paris who betook himself to a football match did so in the expectation of witnessing an extremely comic performance; nor was he disappointed. If, however, he happened to be a man with severe ideas of the game, and ignorant of the style of play then indulged in by Parisians, it is possible there were a few tears mingled with his laughter as he watched the progress of the match—tears that so noble a game should have come under the influence of the spirit of parody. But he, or anyone else from the British Isles, could not have avoided laughing at the humorous spectacle a game provided. Without the slightest wish to appear unkind to our good friends across the Channel, who are as keenly appreciative as ourselves of the humour of the situation of twenty years ago, it must be said that a more ludicrous travesty it would not have been possible to imagine. Picture a gaily decorated field with the goal posts festooned with flags, a lively, well-dressed crowd of both sexes gathered to watch the deeds of valour of the players, who, in the matter of physique, were scarcely qualified for football, according to English ideas; imagine a game wherein the players left off playing whenever they deemed a rest necessary or desirable, a charming indifference to all known rules, a gathering of anxious friends around any player unfortunate enough to have his equilibrium disturbed, little squabbles *à deux* taking place at intervals

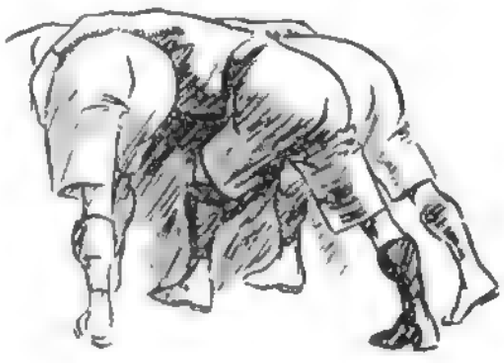
THE RACING CLUB'S PAVILION.

in different parts of the field whenever an individual considered himself treated with any want of courtesy or consideration for his

personal well-being by a too enthusiastic opponent, the disposition of the ball a matter of the slightest importance, and when both sides had had sufficient of the pleasant diversion, a triumphal marching off the field of the team considering itself the victor to the strains of the Marseillaise, and, finally, an elegant dinner arranged with all that gastronomical talent for which the Parisian is deservedly famous. Imagine, if you can, all this, and you will be able to form a fairly accurate idea of what football was like some twenty years ago in Paris. It was not a game as we understand it, but a diversion, and the Frenchman, with his national appreciation of effect, made it as picturesque a diversion as he was able.

Nous avons changé tout cela of course; football of to-day in France *is* football, and although the games are not quite of the class one sees in League matches, or on the athletic ground at Richmond, the play is distinctly good, always interesting, and, what is better, is improving year by year. Every season sees a distinct advance of the game, both in popularity and the standard of play, which is approaching nearer and nearer to the highest British standard. I do not mean to assert that the best football clubs in France, whether Rugby or Association, are equal to the best British clubs—that stage has not yet been reached; but I do say that there are several which are quite equal to our second class clubs, and as these clubs form the most numerous football body in the country, we shall see, in time, without doubt, the evolution of teams equal, or nearly so, to those of our League and principal Rugby clubs. The principal misfortune under which French football labours, and which must prove a serious handicap to superiority in the game, is that the country is wanting in those great nurseries of football, both Socker and Rugger, of which the British Isles can boast. The public schools and the Universities in our country turn out the best Rugby footballers, while it is professionalism which has done so much to raise the standard of Association footer. Now, in France, school football is in the first days of its infancy, so to speak, and of professionalism in the game, fortunately or unfortunately, there is, to all intents and purposes, none. All this will doubtless change in later years, but at the present time one cannot but feel some surprise that, under the circumstances, the game should have made the headway that it has.

As far as the Rugby game is concerned, Englishmen are justly entitled to take to themselves a large share of the credit for this improvement in Paris, where are located two of the strongest teams in the country—the Stade Français and the Racing Club de Paris. The change has been almost entirely brought about by Englishmen who have become members of these clubs—which, it will be remembered, are not solely football clubs,



but huge amateur athletic organisations embracing every kind of athletic sports and astimes—and have given their time and

knowledge of the game towards its development. The names of Mr. J. Muir, an old Edinburgh High School player and International, now captain of the Stade Français, and Mr. A. J. L. Darby, the Cambridge Blue, and International forward also, who organised the Racing Club team, will occur to anyone with the slightest acquaintance of the Rugby game in Paris. In Bordeaux, also, the great stronghold of the Rugby game in the South of France, the assistance of English residents and players has produced a wonderful effect, an effect which, with all three clubs named, will be still further increased by the result of the present inclusion in the teams of several English players. Britishers are still playing in the first teams of the two leading Parisian Rugby clubs. When I last played against the Stade Français there were, I think, four players born in the British Isles engaged; and only one who has seen, as I have, the development of the premier team of the Stade under the leadership of its present captain can realise the immense difference that exists between the French game of to-day and that of a few years ago. The Racing Club, too, has had the assistance of Mr. Odgers, the Light Blue forward, who, in fact, left Paris but a very short time ago to take up a scholastic appointment in the North of England.

Although the assistance and example of English players has done so much to improve the game, the improvement would not have taken place had not the native material been favourable, and it is, emphatically. The national characteristics are such that under proper guidance and control footballers may be evolved who for dash and impetuosity, speediness of perception and execution, are not to be excelled. The natural quickness of mind and body, the "nippiness" and dash of the Frenchman, finds special encouragement on the football field, and makes him a forward, half, or three-quarter to be feared. Let it not be thought, either, that in the matter of sheer weight and muscular strength the average English footer player can claim much of an advantage. Some of the packs are strong and heavy enough to shove eight ordinary scrummagers "all over the shop," while the charges of some of the Socker players seem powerful enough to drive an elephant off the ball.

Roughness has been imputed to French "footer" players of both codes, but in considering this charge there are several things to be taken into account. The Gaul is a good deal more excitable than the Saxon, but only a little more so than the Celt, and if his natural impetuosity when increased by the excitement of the game leads him into handling his opponent with a trifle more vigour than is absolutely necessary, I don't think we can blame him very greatly. Those who live in glass houses should not throw stones. Some of our British players are not exactly gentle in their play, and with memories of what Irish and Scots forwards, and North of England players generally, are capable when their blood is fairly up, it savours somewhat of the pot calling the kettle black for us to accuse Frenchmen of rough play. I once heard an Englishman attempt to point out the difference between the roughness of the two nationalities: "We are rough," he said, "when there's a necessity for it; the French players are rough when the occasion does not demand it." Well, individual roughness one will find everywhere, and it is unfair to make a definite charge on account of a few isolated instances. At the same time, roughness of a kind that would not be tolerated in England does take place at some games—such as those between students of different Lycées—where party feeling runs high, and vigorous action by the referee is required more often than it is exercised.

Mention of the referee brings one to a point of which it is necesssry to speak strongly. French refereeing is not good; in many cases it is very bad, but when one considers that the game has been in existence but a comparatively short time, and that necessarily the referees can have had a far from perfect grounding in it themselves, surprise cannot be felt. Doubtless the

refereeing will improve as time goes on; it is to be sincerely hoped it will, for unless the referee understand his business it is obvious that the players will escape penalties for various infractions of the laws of the game they may commit. Neglect of punishment prevents the delinquents from realising their mistakes, consequently they cannot amend them, and play must suffer in spite of the good influence of such players who do know better. Frequently in the north of France the services of an English referee have been asked for, and well-known members of the English Referees' Societies have crossed over to officiate. An Englishman, Mr. H. E. Evers, the well-known Midland footballer, went over to act as referee in the recent game between the Racing Club and the Stade Français for the final of the Olympic Cup, the latter club having insisted upon the services of an English referee; while Mr. Gilliard, Mr. Sloper, and other gentlemen whose names are well known as referees in the Rugby game at home have, at various times, officiated across the Channel. French refereeing does certainly leave much to be desired; several curious instances of official vagueness of the game have come under my own knowledge, and, until the importance of good refereeing is more generally recognised than at present, a very real obstacle is placed in the way of the development of the game. It is not uncommon for some games, chiefly school games, to be played without the assistance of any referee at all, a state of things, as may be easily imagined, leading to quite unlooked-for complications, and assisting in the creation of many harmful conceptions of the game in players' minds.

Of the great and increasing popularity of the game there can be no doubt; take up one of the sporting papers on a Monday morning and one will see the results of scores and scores of games, both Rugby and Association. Certainly one does not find the lengthy reports familiar to Englishmen, but the number of games appearing is astounding. From Marseille, Alençon, Chalon, Bordeaux, Calais, Lille, Roubaix, not to speak of Paris, they come in, all bearing testimony to the wide-spread interest in football. True one does not see from ten to fifty thousand people witnessing a big match as in this country, but it must be remembered that French people indulge in only one weekly holiday—early closing movements, and half-day holidays on Saturday, are not known to them, and the love of sport is not yet so strong as to induce very many to give up their only time of leisure to watching a "footer" match. Cups and championships abound, these latter being somewhat the same as our various Leagues. The entry is great, and when the finals are fought out one is given the opportunity of seeing to what heights French enthusiasm in football can reach.

A word must be said as to the visits of English teams to France, and *vice-versâ*. Of the latter there are not many, owing to the difficulty French players have of getting the time necessary. This year the Racing Club did send a team over to play Bedford, but it was not the best, and they were beaten. When, however, it is seen that the fixture cards of the two great Parisian clubs show matches with such clubs as Lennox, Rosslyn Park, Swansea, Brighton, and Sutton, the calibre of the Frenchmen will be appreciated. Visits of Socker clubs do not appear to have the same vogue, but doubtless a change will shortly come.

The Graeco-Roman Championship.

HACKENSCHMIDT v. MADRALI for £1,700.

By H. NELSON.

IF ever a scene recalled to mind the ancient glories of the Roman Coliseum, it was that witnessed at the modern Olympia at Kensington on Saturday night, January 30, 1904, where in the brief space of 44 seconds one of the greatest wrestling matches ever ratified was brought to a conclusion in most dramatic fashion. Both Hackenschmidt and Madrali, who were the principals in the contest referred to, have already received full mention in these pages, so that there is no need to detail their history and prowess. Suffice it to say that, with two such great exponents of the art, and two who had never tasted the bitters of defeat, it was only natural that speculation should be rife as to the ultimate result. There is one point, however, which needs a little explanation, and that is, that whilst both are acknowledged champions, it is in two different styles that they are able to claim the distinction, the Russian being an adept at Græco-Roman wrestling, whilst Madrali favours "catch-as-catch-can," and it is not a little interesting to note how that the Turk, or rather Antonio Pierri on his behalf, throughout the preliminaries gave way to the demands of the Russian. The match was ratified last December, when the Russian and the Turk signed articles to contest the best of three falls for £100 aside. Madrali landed in London on the evening of November 30. He was brought from Constantinople to this country by Antonio Pierri, who, having twice failed to lower the colours of Hackenschmidt, did the next best thing, viz., sought out a man to accomplish what he himself had failed to perform. Pierri, after his second defeat, vowed to get level with the Russian in some way or another, and for this purpose he journeyed to Constantinople and brought back with him a wrestler whom he claimed to be without an equal in the catch-as-catch-can style. How Madrali was put upon the stage of the Canterbury, where Hackenschmidt was performing, on the night of December 1, ready to try for the £25 offered by the Russian to any man he could not throw in fifteen minutes, and how the Russian declined to meet him without the usual twenty-four hours' notice is a matter of history. Subsequently challenges were issued broadcast, and after two meetings and much bickering and discussion, Pierri, on behalf of his protege, gave way respecting the style in which the bout should be decided, and a match under Græco-Roman rules was the result.

Hackenschmidt, who has been in England about two years, while taking part in few money bouts, had done so well on the Continent and accomplished so many fine things in London and the provinces, that he was considered a fitting opponent for almost any man and in any style. On the other hand, Pierri claimed victories for his protege over the best exponents living in the catch-as-catch-can style, and when the men talked of a purse it was known something out of the common would be offered. This came from

the Sports Exhibition at Olympia, and to the value of £2,000. Subsequently financial difficulties cropped up, and eventually the men agreed to accept £1,500, but at one time it looked quite on the cards that there would be no match, as the Russian stood out for £1,000 as his share of the purse, win or lose, and this Pierri agreed to rather than the contest should fall through, so confident was he of the success of his protege.

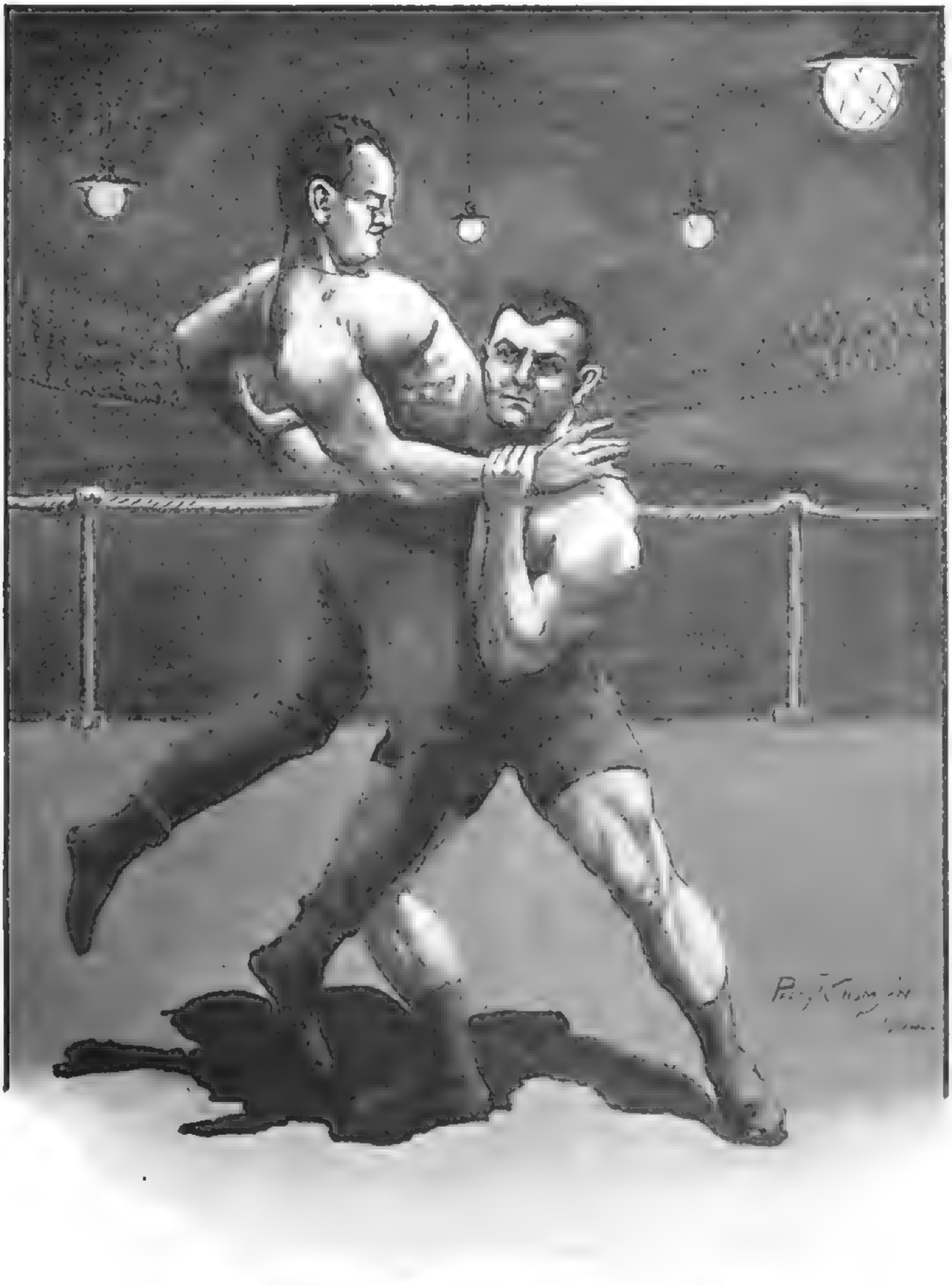
No finer place could have been secured for the match than Olympia, and from the way the booking progressed it was evident that the holding capacity of the building would be severely taxed. The scene on the night of the contest was one to be remembered. In a way it reminded one of the football arena at the Crystal Palace on a cup final day. Only the scene was more weird. Looking around from the centre of the building one saw through the haze a sea of faces far away into the distant corners of the building. Powerful arc lights were so placed over the dais that every one of the six thousand spectators present had a good view of the proceedings. Amongst the vast assembly could be seen peers of the realm, politicians, leading lights in the theatrical and music-hall world, lawyers, literary men, besides representatives of almost every other profession and sport.

Prior to the big event there were three interesting contests by Pierri's Troupe. First Chorella and La Menuire had a protracted bout in the Græco-Roman style, the former winning after 18 mins. 44 secs. Next Whistler and Barker appeared and showed some particularly smart work, both being very agile, Whistler winning the fall, which was in the catch-as-catch-can style, in 9 mins. 12 secs. Then Joe Carroll and Fournier came together, and, in a grand bout under Græco-Roman rules, wrestled a ten-minutes draw.

But, interesting as these preliminary bouts were, they were passed by with indifference, and as nine o'clock was neared the excitement became intense. The hands of the clock had just passed the hour when a roar which re-echoed through the vast building, announced the appearance of the rival gladiators.

Madrali, the first to appear, acknowledged the plaudits of the spectators with a mechanical bow and an enigmatical smile. As he threw aside his fur-lined cloak his magnificent proportions excited lively admiration. Everybody took a mental note of his powerful limbs, his cleanly marked loins, and his grand chest and back. He looked fit to fight for a kingdom. He stripped bare above the waist, his nether limbs being encased in long dark blue tights. The Russian, who had the heartier reception, was also bare to the waist. He donned short blue trunks and socks, and his condition was so perfect that his skin shone like satin. Neither man carried an ounce of superfluous flesh, but the Turk had an obvious advantage in height and weight, and no one was disposed to accept even money about Hackenschmidt. All being ready, the whistle was blown and the men weaved in to the centre. Both tried for neck-holds, Madrali getting a hard pull at his man's head that Hackenschmidt with some difficulty broke. Following the break-away the Russian was aggressive, and, after some hand-sparring, literally flew at the Turk and fastened both hands around the body. Madrali tried to break loose, and, with arms free, placed the left behind Hackenschmidt's neck and the palm of the right hand on the forehead, which he tried to force back. It was without avail, for, using all his power, the Russian lifted Madrali off his feet and swung round with him three times. Then, after momentarily staying, the pair came to the ground with a crash, the weight of both being on Madrali's right hand and arm. With his left hand, the shoulder of which was down, the Turk tried to force his opponent away, his fingers reaching Hackenschmidt's nostrils. This brought a protest from the Russian to the referee. The latter was about to intervene, but this was unnecessary, for Hackenschmidt, loosening his hands from around the body, immediately pressed hard on to Madrali's right shoulder, which at the time

was just raised above the ground, and in a few seconds more had pinned his man down. Madrali had made an effort to extricate himself, but it was seen that his right side was



HOW HACKENSCHMIDT THREW MADRALI AT OLYMPIA.

useless and he could not resist the pressure, the whistle announcing that the Russian had gained the fall in the short space of 44 secs.

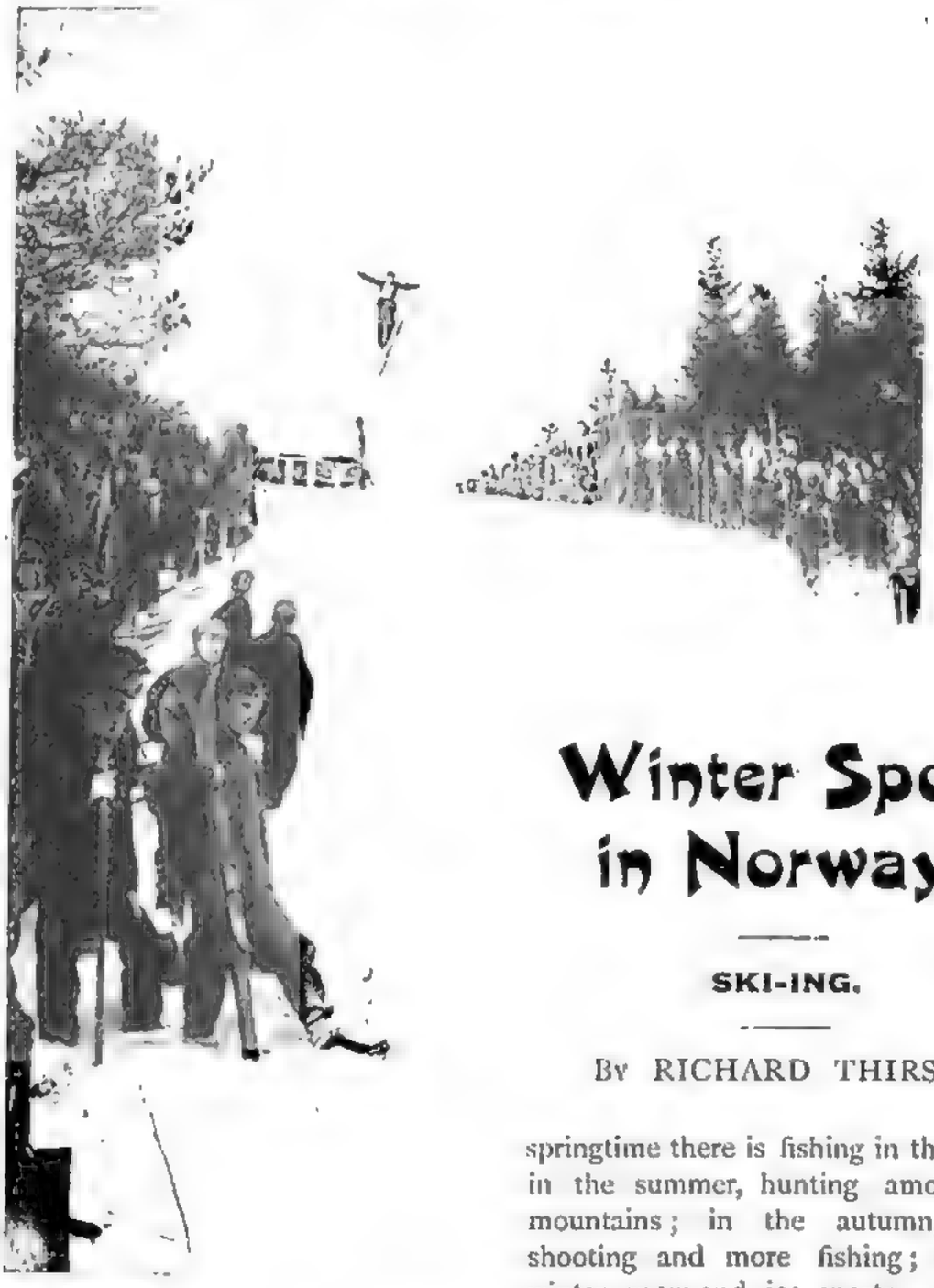
Directly this happened the winner bounded to his feet like a ball and smilingly ran to his corner. The Turk rose slowly and with a pained expression. Pierri, who knows his protege so well, divined that something was wrong, and, running on to the stage, examined Madrali, who turned his arm to the Greek. Then it was seen that the elbow was displaced, and, amidst cheering and almost every conceivable noise, a hasty search was made for medical assistance. At length Drs. Jackson Lang and Geo. Kingsbury were found, and these gentlemen mounted the stage, which by this time was crowded with the occupants of the ring seats. They at once diagnosed an anterior dislocation of both bones of the right arm. Madrali was temporarily bandaged and taken to his dressing room, for, being unable to wrestle again, the affair was at an end, and Hackenschmidt was entitled to receive payment for his prowess at the rate of £27 5*s.* 5½*d.* per second—a very good night's work.

This sudden and sensational ending came as a shock to the spectators, who for a few moments failed to realise the situation. Then a pandemonium of yells broke out all round the building, and six thousand men yelled themselves hoarse. Of course, after the match the men were very much interviewed, and each agreed that it was an accident, and one which Hackenschmidt deplored as much as any. Madrali said, "It was an accident nothing else. When Hackenschmidt gripped me, we both fell. I with my elbow underneath - that is all. The doctor says I shall not be able to wrestle again for three months —then, if I am able, I will make another match with Hackenschmidt. The fall was a fair one."

It is generally conceded that Madrali's lack of knowledge of the Graeco-Roman style was all against him. Remarking on the contest, a writer in the *Sportsman* says:—

"Without going so far as to say the result was a fair and proper criterion of the relative merits of the men, Hackenschmidt must be given credit for a very smart and clever victory. The Turk, in our opinion, was caught napping, taken by surprise by a man whom we have all along put down as much his superior in speed and generalship. Not in the best of condition, Hackenschmidt adopted whirlwind tactics, played, indeed, the very game a man should play who is opposed to a slow but stronger opponent. With the two on the carpet, there is no saying what might have been the result, for here the Turk would assuredly have been served by his great power and strength. Hackenschmidt, however, had no idea of fighting out the battle in this way. With a better knowledge of the game than the Turk, up to every trick and turn in connection with Græco-Roman wrestling, the Russian took the stage determined to get the business over as quickly as possible. He was like a sprinter in a hundred yards dash trying to beat the pistol, and, relying on his quickness, he took a chance that came off, and enabled him to secure a surprising and sensational victory. The way in which he got his body hold on the Turk proved his superiority in the matter of speed and cleverness, and, though luck favoured him in the fall, he must be given credit for the way in which he so quickly got into a favourable position. The end was unfortunate, not to say unsatisfactory, but one cannot get away from the fact that Madrali was too slow to prevent Hackenschmidt securing a hold which so rapidly brought about the downfall of the Turk."

I understand that Madrali has gone to Germany for the purpose of going under treatment, and that as soon as the arm is pronounced sound again, he will again challenge Hackenschmidt.



A COMPETITION AT HOLMENKOLLEN.

Winter Sport in Norway.

SKI-ING.

By RICHARD THIRSK.

OLD Norway has often been called the playground of Europe. After one has lived for some time in the country he begins to realise the truth of the statement. For here, much more than in any other country I could easily name, the seasons and the various sports associated with them are marked off by a clock-like precision. In the springtime there is fishing in the river; in the summer, hunting among the mountains; in the autumn, duck shooting and more fishing; and in winter, snow and ice sports. Each of these pastimes has its own peculiar fascination for the various devotees, yet, possibly, winter sport is the most fascinating of them all, since everybody can take part in it, and since it offers facilities for healthy recreation peculiar to itself.

Like many of my countrymen, I had a delusion until recently that Norway during winter somehow became a part of the frozen North, and that for three or four months life

was all but impossible to any others save the fur-clad natives. Such is not the case. Up here in the mountains, where everything is a

OFF TO THE MEET.

dazzling whiteness, it is difficult to imagine anything more magnificent or more exhilarating. The pine trees are bending beneath their load of snow that has hidden trunk and branches; the birches are feathery with rime frost, glistening and sparkling in the sunshine that casts long-drawn-out shadows across the snow-bound earth beneath. Cold there is in plenty, but one does not feel it, for the atmosphere is crisp and clear—so bracing that one must be up and doing. One can go on tireless for mile after mile, through the forest and over the snow-fields, with a feeling that at every step he is drinking in new life and energy.

The native winter sports are skating, sleighing, coasting, pigging—a form of tobogganning—and ski-ing. The last is by far the most attractive and exciting. It is so popular with both sexes that you will meet hundreds of them going off into the country in the early morning, there to picnic and make the silent places glad with their merry laughter until in the moonlight they return home again.

The history of the ski is so ancient as to be lost in oblivion. It has descended to us from the old Eastern races, who brought it with them when they migrated northward. In those days it was used only for practical purposes. Even to-day in many parts of the country it is necessary to use it for getting about, but it is best known as the Norwegian national sport.

In appearance the ski is a plank of wood about seven feet long by three and a-half inches broad. It is rounded and curved upward at the toe to prevent it gripping in the snow. Near to the centre is fastened a piece of broad leather into which the toe of the boot fits, and to this leather is attached a leather strap which passes round the heel in order to keep the toe from slipping out of the leather cap. Thus the movement of the foot is left free so that the heel can be raised

A PARTY ON "SKI."

without lifting the ski from the ground. This permits of an easy movement of the foot, not unlike that of walking, while sliding along on ski.

Sometimes the ski is confused with the snowshoe. To the latter it bears no resemblance, since it affords no covering for the foot. Instead, it is merely a plank for sliding on, as can be readily understood when ski is associated with the English equivalent skid, meaning to slide.

Special boots, which permit of an extra pair of thick socks being worn, are made for ski-ing. As to the rest of the outfit, all that is necessary is a good warm sweater and Norfolk jacket, woollen gloves, and a cap with "ears." This latter is almost indispensable after sundown as a protection for the ears when rushing through the frosty air. A brace of staffs are of great assistance for helping one along on the flat, but they must be used with care by the novice, for in the event of a fall it is just possible that he may stick himself with one of them.

A SKI RUNNER.

RUNNING FULL DOWN HILL.

Having mounted the ski, the first thing the beginner learns is that the sport is not so easy as it seemed. Like all other good sports that are worthy of the name it must be learned and practised. At the onset the ski are most unwieldy things to stand on, and are apt to play nasty tricks when least expected. They will set off at a great pace, and there is but one way to stop them on the hill, *for the novice*, that is, to throw himself sideways on the snow. Therefore, the ski must be mastered, and the best way to accomplish this is to begin on the flat where it is easy to balance; then try little hills until confidence and knowledge has been gained. Steering is also a little difficult at first. For that reason it is best always to practise on a hill where there is little likelihood of falling foul of trees or other dangerous obstacles. Most learners have many spills before they become

proficient and get to understand exactly what is wanted. In order to avoid these as much as possible, it is necessary to hold the position of the body at a right angle to the ground over which one is sliding.

The real pleasure and the good to be derived from the exercise begins when one has mastered these initial difficulties, and has imperceptibly acquired the accomplishment of balancing and steering. It is then he can set off for a tour among the mountains, where there is freedom and liberty to go where he will—where it is a joy to be alive. The exhilarating excitement of the swift motion on going down hill cannot easily be described. Someone has likened the mad swish to the swoop of a hawk as it descends to the ground. Down hill, up hill, and across the plains where the snow lies deep, the enthusiasm is ever increasing, and the fascinating exercise proves a life-giving tonic for mind and body alike.

A SKI-JUMPING COMPETITION.

In the daytime there is the clear blue sky above, and the dazzling sunshine that is reflected among the frozen crystals like myriads of sparkling diamonds. Then at night the moon throws its silvery sheen over the scene, giving to it a witchery and mystery that recalls our childhood dreams of fairyland. One almost expects to see the fairies troop out from among the shadows cast by the trees. Everywhere and in everything there is peaceful loveliness. The stillness is broken only by the salute of someone gliding merrily past on ski, holding aloft a flaring torch. Perchance the Aurora will light up the northern sky, converting the night into day again, save that it is more fantastic and bewitching.

Besides running on ski the Norwegians also indulge in long-jumping on ski. This is done on steep hills on which a platform of snow has been built about three parts of the way down. The jumper begins at the top of the hill and comes down at lightning speed to the platform, from which he leaps up into the air to descend near to the bottom of the hill. Some men cover immense distances in the leap. The record is 103½ feet, which represents a fall of something like 50 feet. Needless to say, such a feat requires some daring, as also marvellous skill.

Throughout the country there are many enthusiastic clubs devoted to the encourage-

ment and cultivation of the sport. Each has its own competitions for prizes, but the great event of the ski-ing season is the meet at Holmenkollen, near Christiania. There the ski-ing world is focussed for two days each year during February. Champions gather from all parts to wrestle for the premiership, which is the climax of a sportsman's ambition.

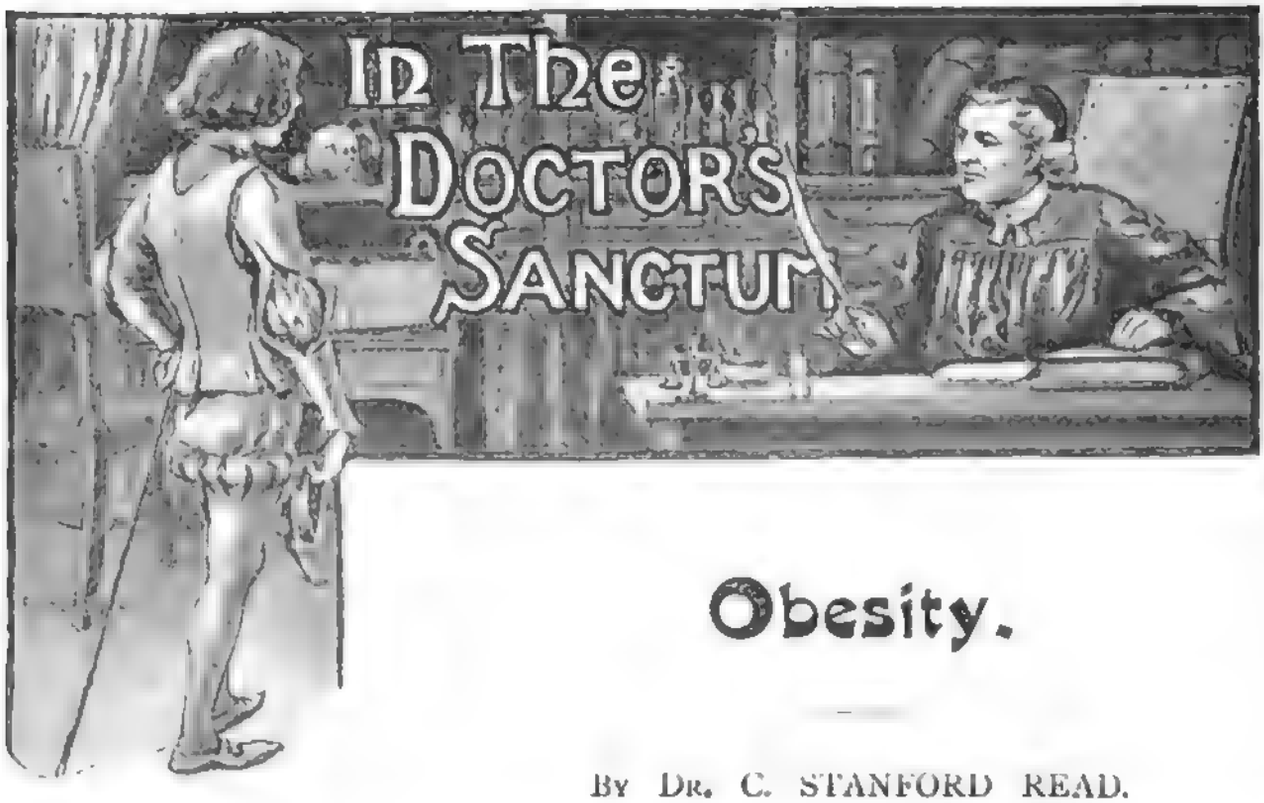
The first day is devoted to cross-country running on ski. A distance of thirteen or fifteen miles is mapped out, which must be covered within a certain time. All competitors are started singly at intervals of a few minutes. The time taken is usually a little less than two hours: an average of about eight miles an hour. However, it is to be remembered that in this race several high hills must be climbed, and to do so on ski it is necessary to go up sideways or to spread the ski out at right angles to grip the snow, and laboriously lift the one over the other.

On the following day is held the "Hoprend," or leaping competition, which is considered the principal event. The Holmenkollen hill is 186 yards long, rising to a height of nearly 160 feet above the lake beneath. About two-thirds from the top is the platform of snow from which the competitors leap. Above the platform the gradient is only some 15 degrees, while the lower part is 24 degrees. Hence a leap of sixty feet (the Holmenkollen record is considerably more) means a fall of thirty feet. This sounds startling to those who have not seen the jump. But it must be remembered that the descent is so gradual and easy as to be almost imperceptible. In truth, the competitor comes down lightly as a bird on the wing. The time occupied in the descent is only seven or nine seconds, of which two or three seconds are spent in mid-air during the leap.

I understand that there is a motion on foot to introduce the sport into Britain, and I wish the promoters all success. There is room for more good healthy winter sports, and those who take to ski-ing are likely to become more enthusiastic over it and to find more interest in it than in skating. To mention only one of the advantages of the former is that of getting out into the country where there is change of scene and new interest, whereas the skater is confined within the limits of a pond. The only drawback that I can see is the uncertainty of having snow for a sufficiently long time. This is rather a serious disadvantage, and must prevent ski-ing from ever becoming

AN AWKWARD CORNER.

incorporated among our national sports, or permit Englishmen from ever arriving at a high state of proficiency. Yet there is no reason why it should not be indulged in whenever the opportunity offers. In the mountainous districts of England, and particularly in the Highlands of Scotland, there are usually a few weeks during winter when there is sufficient snow to practise ski-ing, and those who have the opportunity will have no reason to regret taking advantage of it.



Obesity.

By Dr. C. STANFORD READ.

MANY are brought into the ranks of physical culturists in order to endeavour thereby, to some extent, to rid themselves of superabundant adipose tissue. It may, therefore, serve a useful purpose to speak briefly of the main scientific methods of "fat reduction" which are in vogue. The condition of obesity may be *acquired* from diet, exercise, or habits of life, but *heredity* has largely to do with its occurrence. It is of high importance to realise exactly which factor is the primary cause, and a marked difference is to be noted between cases in which obesity is the outcome of heredity, and those in which the encumbrance is acquired by certain modes of life. Where hereditary disposition is potent and effective one is far less hopeful of good and lasting results from any plan of treatment; in the acquired condition we may readily modify it and permanently dissipate the excessive amount of fat. It is futile to treat by any uniform method. Regard must be had to the temperament; personal factors present, and the particular nature of the obesity discriminated before any measures of treatment are attempted.

Preventive treatment.—Habits of strict temperance in food and drink should be engendered, and a life of activity both mental and bodily ensured. Beer should not be taken. Fat-forming food should be restricted in early adult life, and abundant muscular exercise in the open air encouraged.

Dietetic treatment.—The most remarkable results are obtained by the modification of the ordinary dietary. The general principles to be observed are the restriction of fats and carbohydrates, and no less to a certain increase in the nitrogenous elements. The total abolition of fats or carbohydrates is harmful, for experience has plainly shown that a small proportion of both must be combined with the nitrogenous food to ensure normal metabolism; and, to secure a consumption of fat already deposited in the body, muscular exercise must be freely taken to induce an increase in the breaking up of the

nitrogenous matter. Under these conditions the obese person loses fat. Muscular activity promotes oxidation of fat, and the small amount consumed in the diet is thus readily disposed of. Carbohydrates are more digestible than fats. The influence of fluids, more especially of water, upon fatty deposit is probably considerable when large quantities are consumed. The evil effects of diluted alcohol and sugary material are well established. The appetite for food is found to be normal in about half the cases, while it is increased in a somewhat smaller number. While this dietary is being pursued, exercise of any kind is most desirable between meals, and life in the open air is to be carried out as far as possible. Seven hours' sleep and no more should be the rule. Tepid bathing, and a cold shower-bath on rising, with good subsequent friction, should be carried out daily. Tobacco must be moderated, and only used after food. Constipation must be relieved by the free use of Carlsbad or Homburg salts in the early morning. The weight should be taken once a week and in the same clothing, or, better still, without clothes at all.

Treatment by the restriction of fluids (dry diet).—The weight of the body and excess of fat can be reduced more or less by a reduction in the amount of fluid consumed. In this case there is often great difficulty in getting the co-operation of the patient, especially if the treatment be carried out at home. Nevertheless, this plan is a good one to try except in a few cases. The fluids should be limited to thirty ounces, but the amount must necessarily vary a little according to the time of the year and the particular food taken. In a few cases *increased water drinking* is needful, three pints or more to be taken in the twenty-four hours. If a great increase of nitrogenous intake be the rule, this increase of fluid is especially needed to carry away the large amount of waste matter produced. Half a pint of cold or hot water may be taken in the early morning and late at night, the rest being imbibed freely about three hours after the larger meals and not with them. If the skin act freely, as often happens in fat people, more fluid still will be demanded.

Treatment by Spa waters.—For the full-blooded fat patient the springs of Carlsbad and Marienbad are well adapted, and at these places there are opportunities of indulging in other disciplinary measures beside the mere drinking of the waters.

Treatment by exercise.—Obesity is seldom found among those who live in a state of nature, where man enjoys absolute freedom of limb. Exercise is essentially necessary to burn up and discharge waste products by increased respiration. To many, on account of their daily avocations, it is difficult to indulge in the natural exercises of riding, walking, etc., and so it becomes all the more important that home physical culture should be sought to take its place. For home exercises to be of real use, they should be regular and systematic, and their form guided by those who have scientifically studied the subject.

Treatment by drugs. — In the case of "thyroid extract" some very satisfactory results have of late been obtained, and there is no doubt but that this agent does exert a marked influence on the nutrition of the skin. How this takes place physiologically we do not know, hence it is not advisable to try this method indiscriminately in all cases. Amongst "patent medicines" there are not a few preparations advertised which promise marvellous results. Their analyses, though, give one no reason to suppose that they perform any miraculous transformations, but amongst the section of the community to which they more particularly appeal, the "faith" element may go some way in bringing about a loss of some ounces, if not more!

A Physical Culture Sermon.

IT is not often one hears of the culture of the body made the subject of a discourse from the pulpit, but recently, at Harrogate, the Reverend F. C. Spurr chose for his address the question of physical culture. The full title of the address was "The strongest man upon earth—where to find him and how to develop more like him." We are all interested—or should be—in strength and its attainment, although, as the missioner pointed out, it is an undoubted fact that there is in England, to-day, physical degeneration.

The language in which he uttered his thoughts were just the sort to commend itself to a congregation drawn from all classes. He spoke as a man to men, and his words, as he said, came straight from his heart. Of his sincerity and his depth of feeling, combined with a great enthusiasm for his work, there cannot be the slightest doubt. At the commencement of his address he said there would be no clap-trap, and he was right. There was an entire absence of it, and every word he said was worth reproducing did space allow. Unfortunately, however, we can only give a brief summary.

After stating that there was in this country to-day a dearth of great men, he went on to define two terms—strength and manhood. Of the former he took Carlyle's definition that the strong man is one who can go through life and bear the heaviest blow possible without bending, breaking, or showing signs of fatigue. Real strength was not merely to resist attack, but also to become the aggressor; to have the power to resist and the power to attack. Man was a composition of matter, mind, and morals. What was the greatest thing in the world? Was it matter or was it intellect? No, love was the greatest thing in the world, and the strongest man was the one who was best able to resist every attack made upon his body, his mind and his moral.

Proceeding, Mr. Spurr spoke of physical culture, and paid high tribute to the good done by Sandow in fostering a love of physical training amongst the young men of the country. And then he gave us his conception of a man. His ideal of a man was one with a perfectly developed physical body, a clear and brilliant mind, and a heart as pure as gold. A high ideal you say, reader. But take heed what follows. "I grant you," said the speaker, "that very few people come up to that ideal, but if a man strives for that he will be infinitely higher and better than a man who sets before himself a low ideal, and is content with achieving that."

There followed a word on mufflers. According to Mr. Spurr these articles should not be worn round the neck, but should be wrapped round a stone and sunk in the sea. And then he said that mufflers were an invention of the devil. "Keep your throat exposed winter and summer," he said, "and let the air of God get to it."

Proceeding, he said that there was no need for anybody to be weak. There was only one way for a man to get strong, and that was by scientific exercise, and by observing rigorously the laws of nature.

"Don't cuddle yourself up in bed; have a cold bath every morning, and live rationally." These are one or two rules taken from further advice given by the reverend gentleman.

On the subject of breathing, he said that very few people know how to breathe properly, and that deep breathing is one of the essentials of good health. Further, he said that if a man wished to have perfect health, he must take no strong drink; that with proper food, deep breathing, and natural living, a man was bound to keep well.

JAMES THE CONQUEROR.

By J. STA. JEWELL.

Author of "MILO THE SECOND," "THE LOVE OF BUCKO LINE," "A DEAL IN HEARTS," *etc., etc.*

JIM BLAKEMAN felt hurt, so much so that he swore softly, but none the less feelingly, into the breast pocket of his coat, as he strode down the main street of Skidton-on-Burl.

"So she don't want me, 'cos I'm too weak, don't she?" he muttered bitterly to himself. "I'd give five quid if she'd on'y take back the laugh she gave when I arst 'er, tho'."

He made straight for the village public-house, which was dignified by the name of "Park Hotel," and, striding solemn-faced into the tap-room, demanded in snarly tones for "a mug o' beer."

"What's up, Jim?" asked a little red-faced shipwright, who was hiding behind his mug; "'as the girl bin a-giving of it to you, or what?" Both tone and look were sympathetic, but for a moment they elicited no response from our hero, who buried his face in the mug of ale which the pleasant-faced country girl who acted as barmaid placed in front of him.

When his thirst had been slaked, and his mouth wiped dry by a side sweep on the back of the hand, he spoke:

"Yus," he said, deliberately, "th' girl *'as* been a-givin' of it to me, tho' it ain't no business o' yourn."

"No offence," said the little man, highly impressed by the other's grave manner and white face; "I on'y thought as 'ow you was a-looking bad—that's all. You reminds me o' ole Bill 'Awkes th' night 'e died. You look jus' like 'e looked."

Jim looked tragic as he leaned toward the little man, and said in graveyard tones: "I don't look 'arf as white as I feel white in me 'art—so I don't! It's broke!" he said, hammering his right fist into his left palm, cracking his clay pipe as he did so.

"Never mind," said the other, "you can always get a new 'un for the asking, though I must say as 'ow they ain't 'arf as sweet as when you've used 'em a bit."

"Is that th' way you talk o' my girl?" demanded Jim, viciously; "you a married man, too. I'm 'shamed for yer."

"What're you getting at?" asked the other; "'oo spoke about your girl? I didn't. I was a-speaking about that'ere pipe you broke when you was talking about your 'art—that's what I was a-doing."

"My mistake," said Jim, as he bent his head in confusion, pretending to extract the unburnt tobacco from the pipe bowl which was left in his hand. To make matters straight with the little shipwright, Jim stood him another mug of ale, and when his manner indicated that the reproach upon his moral character was graciously forgiven, Jim told him the story of how his well-beloved had refused him as he was so weak. When the whole tale had been told with infinite pathos, and the heart of the chief actor in

the little drama was being pulled all ways by misgivings as to the advisability of having trusted such a secret to a mere acquaintance, a newcomer strode in, with the air of a man well pleased.

He turned to the two men in the corner, and said jocularly—

"' Evening! Lizzie says she 'opes you're well, Jim—same as it leaves 'er at present."

Getting no reply, he turned to the barmaid and said—

"Bring me a pint mug, miss, an' a cigar. I'll do meself good to-night; I've just got engaged to Lizzie Brand."

Jim groaned.

"That's th' bloke that cut me out," he whispered; "'e's a fine, big, strong chap, 'e is—got muscles all over 'im."

"It's wonnerful what store some wimmen do set on 'em, to be sure," said the shipwright, after vainly attempting to frame a soothing reply.

Having got his beer, the newcomer turned to Jim, and said in mocking tones—

"Come and drink my 'ealth and Lizzie's, Jimmy; you look as if you wanted a drink."

He held out the mug with the brazen air of one who tasted for the first time the sweets of success, but a second later this was changed for a look of astonishment, for Jimmy punched the mug from his strong grip, and stood with white face and blazing eyes before him.

"You come 'ere to mock me," he said, with hard, unnatural, rasping voice, "knowing I've been mocked enough for one night. You stole my girl from me with your lying tongue and big muscles, and now you come to rub it in. I'll tell you what I'll do with you"—(he stood so close that their heads almost touched)—"I'll fight you for 'er—fight you to a finish. In one month from now I'll fight you—to a finish—and may you suffer the pain then that I suffer now. Good night."

Like a flash he passed through the doors to the open street, and before any of the witnesses of the episode recovered from their surprise, Jimmy was swallowed up in the growing darkness.

The newcomer, Jack Cole by name, applied himself to someone's beer by mistake, and the explanations that had to follow served to relieve the tension that had been caused by the scene above depicted.

"I've never seen a man look as 'e did just now," declared the barmaid, with frightened look. She turned away filled with thoughts of it.

"You roused 'im that time, Jack," said an old toper from a cosy corner; "you'd better look out."

"Look out for what?" demanded Jack, angrily. "Look out for a microbe like 'im? I'd break 'im an' a dozen like 'im before breakfus' every mornin'."

The room had an uncomfortable feeling for most of them then, and one by one the mugs were emptied and "good-nights" said with strange quiet when the men left.

Next day the village was full of it, and those who had been present were compelled to retell the tale over and over again. In time they added bits, which again in time became cold truths, so that ere a week was past the story had grown to colossal proportions. Mrs. Drew told Mrs. Scribley: "Yes, my dear, an' 'e walked up to 'im with a knife in 'is 'and, an' he says, 'one month from now you'll be a pore cold corpse,' 'e says, and then Jack Cole drinks 'Arry Jones's beer, and then 'e faints. An' it's all on account o' that young 'ussy, Lizzie Brand. Gels is different to wot they wos when we were young, ain't they, my dear?"

For the first three days after the row, Jim was not seen by anyone. When the neighbours enquired for him, his mother said, sharply—"'E's studyin' doctors' books for a few days—that's what 'e's doin'." She ceased to gossip with Mrs. Grimes, her next door neighbour, after supper every night, as she had been wont to do, and when necessity compelled her to go out, her face wore a look that was at once stern and relentless.

Mrs. Grimes each day grew more curious

as to what was occurring next door, and, curiosity having got the better of good taste, she spent her leisure time with her ear glued to Mrs. Blakeman's wall, in the hope of hearing something that would throw light on Jimmy's strange silence.

The first evening she was rewarded by hearing strange sounds, as of the clash of metal 'gainst metal, and sandwiched in between, at irregular intervals, grunts and other uncouth noises. At first she decided that these were due to some supernatural agency, but calmer thoughts eventually prevailed, and with them came a keen desire to elucidate the mystery. She determined to call on Mrs. Blakeman and demand explanations.

Next morning she called, and after exchanging greetings, presented a newly-baked saffron cake to show her good feeling, and touched by this unexpected attention, Mrs. Blakeman smiled wearily.

"You're in trouble, my dear," said Mrs. Grimes, in her most winning manner, "an' I want to 'elp you—Jimmy as well. I've boys o' me own, and I've got a mother's feeling for 'em all."

"Ah! my dear," began Mrs. Blakeman, completely thawed by her sympathetic tones, "you are very good to me. I'm near 'eartbroken with it all—on'y 'e's so determined."

"Mother," yelled a voice from upstairs, "come up an' look at my *trapezes, an' tell me if you think they're any bigger."

Mrs. Blakeman gathered up her ample skirts, and, laying a finger on her lips to enjoin silence, quickly ascended the stairs of her house, leaving her astonished

* Probably Jimmy meant his trapezius muscles.

"IN ONE MONTH FROM NOW I'LL FIGHT YOU—FIGHT YOU TO A FINISH."

visitor in a state bordering on mental collapse.

In a moment or two she returned, and seating herself on the little sofa, remarked sadly: "'E's sweating like a bull."

Mrs. Grimes, still more astonished, was about to enquire who was sweating like a bull, when crack! bang! fell something on the floor above them and shook the cups and saucers on the side-table in a long-drawn-out rattle.

She rose hastily as if to make for the door, when Mrs. Blakeman laid a reassuring hand on her arm and said, "It's on'y 'is bar-bell, my dear."

"'Is bar-bell—'is—what's the matter? Is 'e mad, or what?" demanded Mrs. Grimes.

"It's 'is bar-bell, I tell you—the thing wot makes 'is muscles grow," explained the other, with a comprehensive wave of the hand.

Mrs. Grimes mopped her heated brow with the corner of her apron, and gasped—"'Is bar-bell—wot makes 'is muscles grow! Are you off your 'ed, or 'ave you been drinking?"

"No, I ain't been drinking—an' it *is* 'is bar-bell, as I told you before—sure as I'm a livin' woman. Don't you understand—'e's training for 'is fight with Jack Cole."

Mrs. Grimes was not a woman with very high intellectual gifts, and the truth began to filter through the maze of misunderstanding but slowly.

"Well, I never did," she gasped at last.

"'Ere," yelled the voice from upstairs again, "bring up the tape and let's see if they're any bigger."

Mrs. Blakeman went to the foot of the stairs and called up, timidly—"Just a minute, dear—I've got a visitor."

"Got a visitor?" yelled Jimmy, in incredulous tones; "are you going to give me away after all? 'Oo is it?"

The two women heard a door open suddenly, and then a man's muffled tread descending the stairs. A second later there came into view a half-nude figure, clad in only a pair of drawers and a cricket belt. At the sight of Mrs. Grimes it turned tail and fled upstairs, amid a flow of language that would be considered decidedly out of place in good society.

Mrs. Grimes fell on her neighbour's bosom in maidenly alarm, her most tender and holy feelings deeply wounded at what had occurred. Mrs. Blakeman soothed her as best she could, and prayed the floor would suddenly open and swallow them up.

"Oh! 'ow could 'e?" sobbed Mrs. Grimes. "What would my 'usband say if 'e knew?"

While Mrs. Blakeman soothed her neighbour, Jimmy made a hasty toilet and descended to tender his apologies in person. The moment his step was heard Mrs. Grimes shouted: "Oh—'ere 'e comes ag'in. Make 'im put 'is clothes on—make 'im cover 'isself up."

Jimmy shook her by the shoulder, and said, solemnly—

"I 'pologise, Mrs. Grimes, on'y I didn't know. If I 'ad known I shouldn't 'a done it."

Reassured that he had clothes on, Mrs. Grimes quickly recovered her composure, and signified her acceptance of Jimmy's expressed regret in a manner that was the very acme of modesty; after which came a pause.

Mrs. Blakeman looked at her son to say something to relieve the growing tension, and Jimmy coughed. His mother nodded encouragement, while Mrs. Grimes looked at her boots.

"I'm trainin'," said Jimmy, suddenly. "I'm going to kill Jack Cole."

Then followed another pause, during which Mrs. Grimes coughed. Evidently she wanted more explanation. As the onus of speech lay upon Jimmy he plunged in wildly—

"My word 'as been given," he said, tensely, "an' I'm going to see it through."

Speech again lagged, and Jimmy grew desperate.

"Come upstairs," he exclaimed, suddenly, "an' I'll show you what I'll do."

"Yes, come on," said Mrs. Blakeman, glad of any diversion, following her son. "You may as well know now as later."

Full of curiosity Mrs. Grimes followed. Upstairs Jimmy waited for them as a monarch awaits his guests at a *levée*, full of importance and pride. As soon as they entered he pointed to a 50-lb. hollow-belled bar-bell, and said—"That's what made the row."

"A SECOND LATER THERE CAME INTO VIEW A HALF-NUDE FIGURE."

The two women soon found much to interest them, and Mrs. Grimes became engrossed in physical culture charts, which Jimmy explained airily.

"That," he said, puffing out his chest and pointing to the picture of a beautifully-developed athlete, "is wot I am now. Feel this," he said, pulling up his bicep and catching hold of Mrs. Grimes's hand.

Fascinated by the chart, and unable to

resist, her hand was placed on Jimmy's bicep, whilst his face glowed with pride.

How shall I tell what followed? Mrs. Grimes's new-found absorbing interest in physical culture, Jimmy's posing, his stupendous lift with the 50-lb. bar-bell (Mrs. Grimes thought it solid) to arm's length above the head, and, above all, his oft-expressed belief in his ability to "lay Jack Cole out" at the appointed time.

When the visit was over they bought her secrecy at the price of the loan of a pair of dumb-bells and a much-illustrated book on "How to become a strong man," and, like most other people, felt happy that the burdensome secret was now shared by another.

Mrs. Grimes was so impressed by what she had learned that she talked of it in her sleep, and explanations had to be given to her husband at breakfast time. He, under no oath of secrecy, told the story of Jimmy's training at the shipyard where he worked, and, in less than twenty-four hours after, it was all over the village.

The secret once out, Jimmy was rather glad than otherwise, and from that time he practised with his bar-bell in the back garden, wearing a sweater and flannels, in sight of all the row.

"Weighs 150 lbs. if it weighs an ounce," said Ben Davis, the blacksmith, looking enviously at the bar-bell. "It's wonnerful wot this 'ere fisikal culcher does for yer."

When the news reached Jack Cole he affected to be amused; but after Ben Davis had seen him he grew serious.

"'E lifted it," said Ben, "as if 'twere a 20 poun' weight. You'll 'ave your work cut out if 'e goes on like this."

At the end of the second week Jimmy took to running at night, and rumours of his staying power were discussed nightly at the Park Hotel.

"Pity your father died 'long of a weak 'eart," said the village postmaster to Jack Cole one night, "'cos I 'specs yours is a bit weak."

"D'ye think it is?" asked Jack, uneasily. "I've 'ad a pain there at times—only doctor said 'twas wind on me stummick."

"Doctors is always wrong," said Ben; "'sides, that colour o' yours don't look really 'ealthy."

Jack went home feeling miserable, and when he met Lizzie next night his spirits were in no way improved. She resented this new mood, and when he omitted to kiss her "good night" she was furious.

"Don't see me again," she said—and was gone.

That was the first real nail in Jack's coffin, for now that an object for the fight no longer existed he would be a loser in any case.

When he went to the village pub that night he passed Jimmy and spoke a timid "good night," pretending that he did not know who it was. But Jimmy strode up to him, and said, fiercely: "Don't you dare speak to me till after the fight." Turning on his heel, he said, over his shoulder: "an' after it's over I don't think as you'll be able to speak."

To make matters worse, when Jack entered the Park Hotel, all the regular *habitués* were discussing the latest news.

Pat Burke was saying, "'E's got a bag full o' sand on a long rope 'anging from the kids' swing, and 'e fights it for two hours every morning. Th' way 'e punches that thing is shockin', that's what——"

Here he became aware of Jack's presence and stopped suddenly.

Jack felt that all eyes were on him, and flushed a deep red.

"What're you all looking at?" he demanded, as he waited for his beer.

"Pore feller," a voice muttered from the back, "it's a pity to think of it."

Then an old grey-beard patted him on the shoulder and said, encouragingly, "Never mind, me boy—you're a fine upstanding chap—face it like a man. We all 'as to 'ave it some time, and it's nearly always for a gel."

"There ain't no gel in it now," said Jack, gulping down the beer, "she's off."

Had he exploded a bombshell in their midst he could not have caused a greater

commotion. Amid the hubbub of voices Jack slunk out, and scarce had he got in bed than the latest phase of the Blakeman-Cole contest was over the village and in every mouth.

Next day Lizzie wrote Jimmy a letter and said it was all a joke when she refused him on account of being so weak, and to the request for a reply, Jimmy said to his mother, "Tell 'er I'm too busy to write letters."

"'E'S BOLTED, 'E'S BOLTED!"

Every day he played with the bar-bell and punched the sand-bag before an admiring audience, and as the date of the fight grew near he became a popular hero. With the tide of prosperity he assumed jaunty airs, and when Annie Moul wished him "good luck" outside his house one night, he said "Thank you, my dear," and kissed her pretty face.

When Lizzie heard of it she cried with rage, and wrote another letter to Jimmy, which drew no response.

In the evening before the day of the fight, the Park Hotel patrons met and discussed the hour on the morrow at which the fight was to take place, and after much discussion it was resolved that the village would take a half-holiday, and that the fight should be fought at two o'clock in the afternoon in the bowling green at the back.

Jimmy was on the ground at half-past one, and though he looked white, he was apparently full of life and gaiety, and promised that "he'd show 'is muscles after Jack Cole was put to sleep," and he added, after an appreciable pause, "as 'e will be."

Women craned their necks to look at him, and men smiled at one another and said, admiringly, "'E's a wonder, that's what 'e is."

Lizzie stood close behind the hero, and, with glistening eyes, murmured words of good cheer into his ears as opportunity occurred,

and now and then shot a glance of hate at little Annie Moul, who had also secured a place close to the man of the hour.

Jack was not to be seen, and when the clock marked five minutes to two, a man was sent to tell him there was little time to lose.

As the fateful hour approached our hero felt a strange tugging at his heart strings, and asked himself constantly, "Will it work, will it work?" and all the while those who had made themselves responsible for the conduct of the fight arranged the ring and made an ostentatious display of two buckets of water, towels, sponges, and a bottle of brandy, in a way that was simply maddening.

Even as the clock struck the hour a murmur arose at the yard entrance, and scarcely were the spectators conscious of it than a wild-eyed man rushed in, yelling, "'E's bolted, 'e's bolted!"

Yells, curses, oaths, rent the air as the news sunk home, and while men yelled, "Coward—cur," the women clustered round Jimmy and threw kisses and endearing terms at him without shame. Jimmy, utterly oblivious of the ovation he was receiving, was conscious only of the fact that his burly opponent had bolted, and deep down in his sturdy little heart was muttering, "Thank God—thank God."

And when he fought the choking feeling of overwhelming gratitude to kind Fate aside, and had regained his composure, Lizzie helped him on with his coat, and whispered in his ear, "You've won me fair, Jimmy—take me back, take me back."

He looked at her cold-eyed for a moment, and then said, slowly—

"'Thanks—I've changed me mind. This 'ere will do me very well," and he kissed Annie Moul before them all, and drawing her willing arm through his own, marched her proudly down the village street.

And if you ever visit Skidton-on-Burl, and would care to hear the story from Jimmy himself, don't ask for Jim Blakeman—they wouldn't know for a moment who you meant. Down there he's now known as James the Conqueror.

The Stage Physical.

By F. NEVILLE PIGGOTT.

SOME BRIEF OPINIONS.

WITH a view to obtaining a more general opinion from the leading members of the theatrical profession than could possibly be secured by interviewing one actor or actress per month, Mr. Sandow decided to request a number of well-known personages to give their ideas on the subject. The result has been most successful from a physical culturist's point of view, and, as will be seen from those selected for insertion this month, it is generally conceded that there is considerable room for improvement. At the same time it is gratifying to find that the leading members of the profession are inclined to set a good example by themselves adopting some mode of exercise in order to keep themselves physically "fit" for the arduous duties of their profession.

The following opinions of leading ladies and gentlemen in the profession have been taken haphazard from the large number of replies received by Mr. Sandow:—

MRS. BROWN POTTER.

Photo., Lallie Charles.

It has rarely been my lot to record such a eulogistic recommendation of the Sandow system than that received from Mrs. Brown Potter, and it is quite unnecessary for me to extend on the remarks contained in her letter, which are as follows:—

"I think that physical training is very necessary for the stage. Easy movement of all the limbs is quite essential, and I cannot too highly recommend Mr. Sandow's exercises and system to both men and women."

Let me hasten to explain that the latter part of Mrs. Brown Potter's letter was quite unsolicited, and is therefore all the more valuable as coming from a lady who both off and on the stage is the personification of grace and elegance of carriage. It is to be hoped that her sisters in the profession will profit by the experience of such a prominent artiste.

MR. MARTIN HARVEY.

Photo., London Stereoscopic Company.

The many fine creations presented to London playgoers by Mr. Martin Harvey have stamped him as an actor of the highest merit, and his opinions on the subject of the actor's physique should bear considerable weight. It is interesting therefore to record

that Mr. Martin Harvey considers it *absolutely essential* that members of the theatrical profession should possess a sound physique in order to carry out successfully the requirements of their profession. Mr. Harvey admits that whilst in his opinion the physical condition of the actor at the present time is good, there is still room for improvement, which he thinks could best be brought about by means of systematic exercise.

One has only to see Mr. Martin Harvey to draw the conclusion that he is one to whom muscular exercise is no stranger, and whilst admitting that in the exercise of his profession he finds sufficient energy required to keep his muscles in hard condition, he is still a keen devotee of many branches of sport, chief among them being cycling, rowing, hockey, and swimming.

Mr. Rutland Barrington.

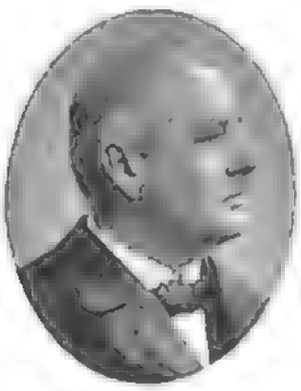


Photo., Biograph Studio.

One of the best known of our entertainers on the lyric stage, Mr. Rutland Barrington's opinions on the physical standard of the actor must, like himself, carry considerable weight. He remarks that a sound physique is most essential "for a career lasting any time over five years," by which he fixes a limit on the career of one who fails to pay the amount of attention necessary to the cult of the body. And he is a very good example of what systematic exercise will do, for from his remarks one can gather that it is largely due to his love of exercise that he has been able to hold the high position he does in his profession such a length of time, longer probably than he cares to remember. It is pleasing to note that Mr. Barrington is a follower of the Sandow system, and, as an additional relaxation and recreation, is a keen golfer and cyclist. He considers that amongst the male portion of the profession the physical condition is much better than it was owing to the increasing fondness for outdoor exercise and a generally healthier mode of existence; but, presumably taking himself as an example, is of opinion that more systematic exercise would bring about a still further improvement.

In reply to the request for the loan of a photograph, Mr. Barrington writes: "Es thut mis sehr leid dass ich kein photographie habe!"

Mr. Arthur Bourchier and Miss Violet Vanbrugh (Mrs. A. B.).

Copyright, Rotary Photo Co., Ltd.

The replies received from Mr. and Mrs. Arthur Bourchier were characteristic of the artistic and deservedly popular pair who rule the destinies of the Garrick Theatre. Mr. Bourchier's replies to the questions put, if short, were certainly to the point, although I feel that his admission of not having considered the question as to whether some improvement could not be brought about in the physical standard of the actor and actress was scarcely warranted in the face of his answers to the other queries. Mr. Bourchier gives it as his opinion that the actor and actress must possess a sound physique, and in reply to the question,

"What exercise do you take?" he answers, "I am always exercised, both mentally and bodily," to which I should like to add, systematically also.

Mr. Bourchier's charming and talented wife goes much more deeply into the subject than her husband, and whilst agreeing that a good physique is an essential quality towards the ultimate success of the actor or actress, adds a qualifying clause in favour of cases of quite exceptional genius. But, if I may be allowed to argue on Mr. Sandow's behalf, surely in the case of such exceptional genius, a sound physique is still very necessary for that actor or actress to maintain his or her position as such. I can recall no instance in the annals of theatrical history where poor physique has withstood for any length of time the strain, and could, if space permitted, cite many cases in favour of my contention.

To return to Miss Vanbrugh and the question at issue. Whilst agreeing with her husband that the physical condition of members of the profession is generally good, she goes further in admitting that some improvement could be brought about by the adoption of systematic exercise, and with a view to attaining that end herself is in the habit of taking daily walking exercise, and every night goes through a series of arm movements which I need hardly point out are most beneficial, as, if practised conscientiously, with the mind concentrated on every movement, they must bring about a considerable improvement in the physique generally.

Mr. Cyril Maude.

Photo., Lafayette, Ltd.

The well-known co-lessee of the Haymarket Theatre has long been associated with the physical side of the profession, and by reason of the active support accorded by him to all theatrical gatherings of a sporting nature has done much towards encouraging healthy exercise amongst his less fortunate brothers and sisters in the profession. Mr. Maude is most decisive in his expressions of opinion as to the physical requirements of the actor and actress, classing health as an absolutely necessary qualification. He considers the present physical state of the profession generally as much better than it used to be, but qualifies that opinion with the remark that it is nothing like what it might be. In common with many others, Mr. Maude is agreed that systematic exercise is the one means by which an improvement in the physical standard of the actor can be brought about, and he concludes a most interesting communication with the fact that his chief recreative exercise is a morning ride on horseback.

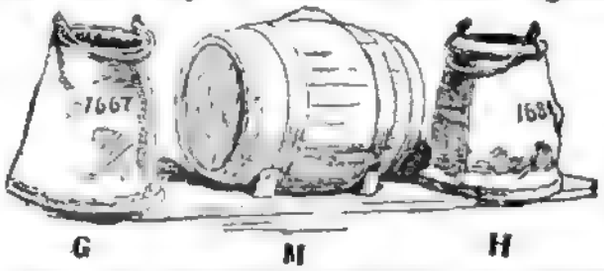
Fire Fighters and Fighting.

ANCIENT AND MODERN.

By M. A. HUGHES.

ROMAN FIREMAN.

THERE is no calling which demands those estimable qualities, nerve and physique, more than that of a fireman, and many are the heroes whose names are emblazoned on the roll of fame who have risked, nay, maybe given their lives to succour those who have been threatened with death by that most dreaded agent, fire. Despite the many great and disastrous conflagrations which are on record, dating back to B.C. 1897, when the two great cities of the Plain, Sodom and Gomorrah, were destroyed, it is rather a remarkable fact that it is only in quite recent times that the appliances devised to cope with fire have been anything but of the most primitive description, or the men trained to that efficiency to cope with the destructive element. Nowadays, we have bodies of men in every civilised portion of the globe who are ready to lay down their lives in saving those of others, to say nothing of their efforts in avoiding destruction of property which, it is officially estimated, suffers in the United Kingdom alone to the extent of twelve millions sterling per annum, a total which is increasing yearly to the extent of £500,000. One has only to consider these figures



ANCIENT FIRE BUCKETS AND SPIRIT KEG CARRIED BY FIRE BRIGADES.

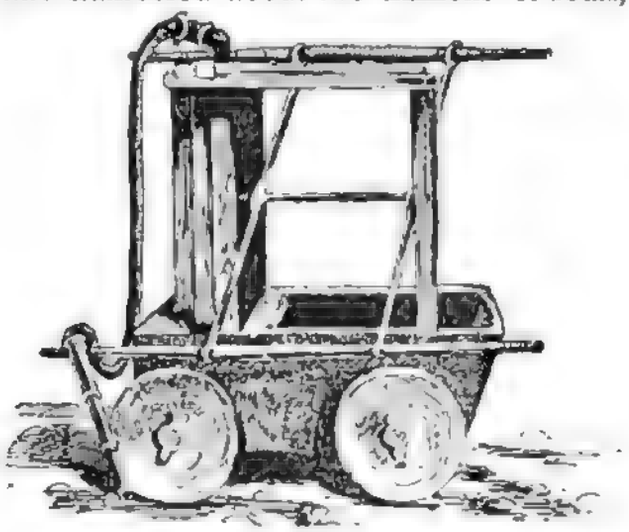
to realise what a work the fireman has undertaken.

Before dealing with the modern fireman and the improved methods of coping with fire, it may prove interesting to trace the evolution of the present day appliances from their earliest conception.

16TH CENTURY FIREMAN.

The first brigade of which there is any record, was that organised in Rome by the Emperor Augustus in the first century, who formed seven

cohorts of watchmen, each comprising a thousand men, so that Rome, which at that time numbered about two millions of souls,



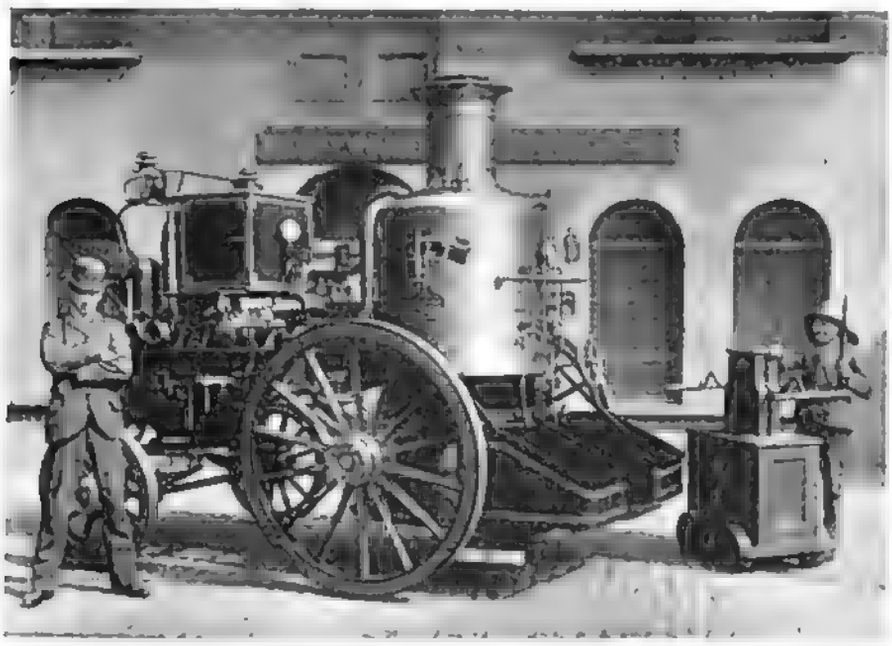
THE "CHEESE-WHEELER," USED IN THE GREAT FIRE OF LONDON, 1666.

had a fire brigade some seven thousand strong. Of course, but little is known of their methods of dealing with fire, but the mention in Roman History of "syphonarius" (squirters), "aquarius" (water-supply men), and "buecinatorius" (buglers), give some idea of the working of the brigades in those early days.

But little improvement in the methods of dealing with fire appear to have been brought about until the sixteenth century, the records prior to this time going to show that it was more a system of fire prevention by demolition rather than fire extinction that existed, although the orders of the year 1348 contain references to fire appliances, and mention that the water buckets, tubes, and axes of every citizen were at the disposal of the public in case of fire, whilst a certain number of buckets and axes were kept at the public expense.

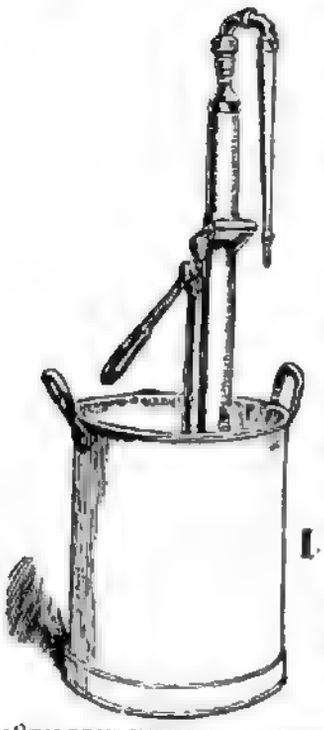
EARLY 19TH CENTURY FIREMAN.

Chief Officer Dyson, in his history of the British Fire Service, says there are thirteenth-century regulations to be found demanding that the citizens were to have buckets ready at the disposal of the public between the Feasts of Pentecost and St. Bartholomew, and that in the same period night watchmen and bellmen were employed in London. At this time the only appliance known to the fireman was the bucket, and even in the sixteenth century we had not advanced further than an improvement on the ancient Roman's squirt. About this time, however, it became more than a mere hand appliance to be used in conjunction with a bucket, and the earliest of



A CONTRAST.

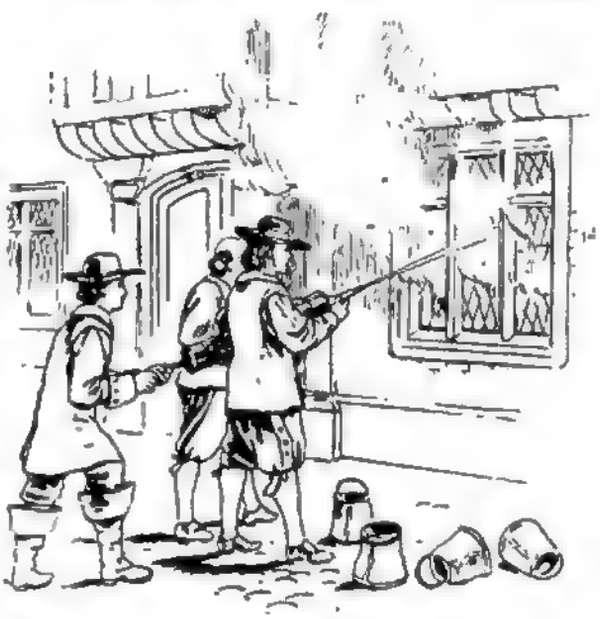
Messrs. Merryweather's latest creation, a steam fire engine of 2,000 gallons capacity per minute, and an 18th century Merryweather manual, from Windsor Castle, of 20 gallons capacity per minute.



18TH CENTURY HAND PUMP FROM BRITISH MUSEUM.

fire engines, so far as this country is concerned, is still in existence. This belonged to the town of Dunstable, and took the form of a huge churn or vat, into which water was poured from the leathern buckets. A long squirt was then fixed into the centre of the tub and the water forced up by two men constantly pumping on either side of the engine.

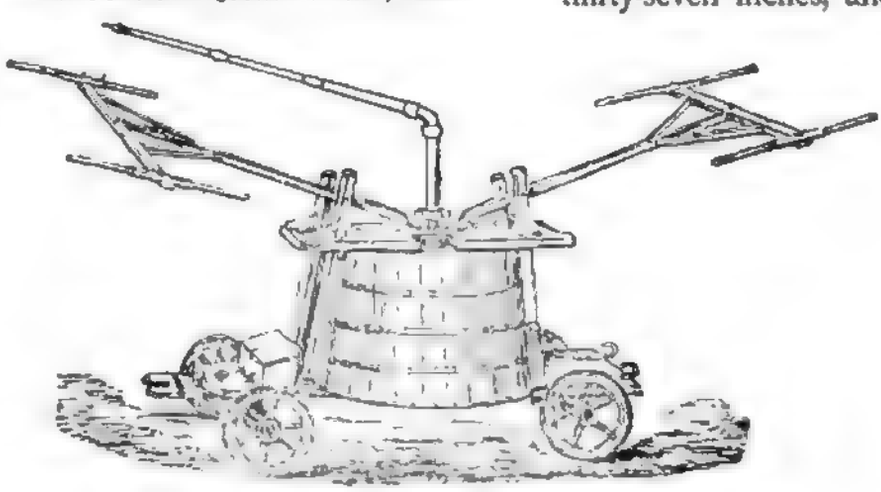
But little advance had been made when, in 1666, the great fire of London broke out, and the methods were as primitive as the appliances. The custom observed at fires at this period was, that first the rattle-man gave the alarm and informed the pumping-men at the nearest station. The pumping-men aroused the mayor (if asleep), and the mayor (having arisen and if he cared to turn out) gave up the key of the engine house to the rattle-man. The rattle-man called up the fire brigade, who waited for the engine and hauled it to the scene of the fire, by which time it was more than probable the building was destroyed and the inmates burned to death.



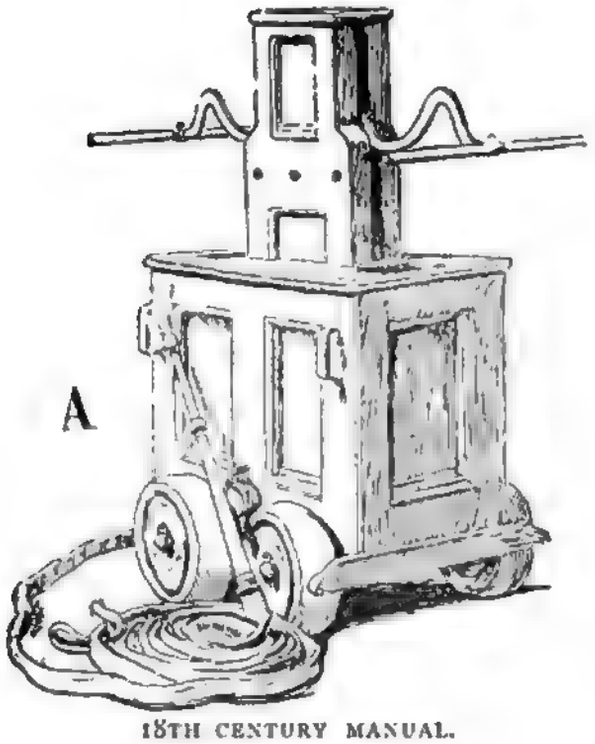
OLD LONDON SQUIRT IN USE, 1666.

It was not until about the middle of the Victorian era that crude and elementary appliances for fire extinction were superseded by the modern steam fire engine, since when marvellous strides have been made in improvement and efficiency, as may be seen by the accompanying illustrations, kindly lent by the well-known firm of Messrs. Merryweather, of Greenwich, whose appliances are in use throughout the world.

A few particulars as to the fine body of men who constitute the Metropolitan Fire Brigade will no doubt prove interesting to my readers. By reason of their earlier experiences it was formerly a rule that members of the brigade must have had a seaman's training, on account of the necessity of their being sure-footed in scaling lofty ladders placed at awkward angles, and whilst this rule is no longer enforced, it is significant that at the present time the brigade includes some four hundred men who have been in the Royal Navy, whilst of the remainder the majority have spent their early days in the merchant service. No candidate is received who is over thirty years of age, with minimum chest measurement thirty-seven inches, and

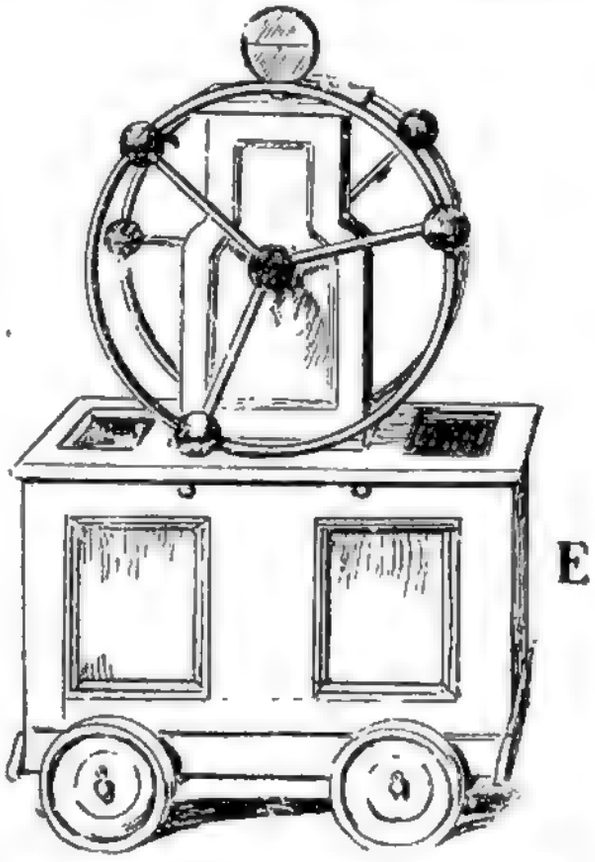


18TH CENTURY MANUAL FROM DUNSTABLE.



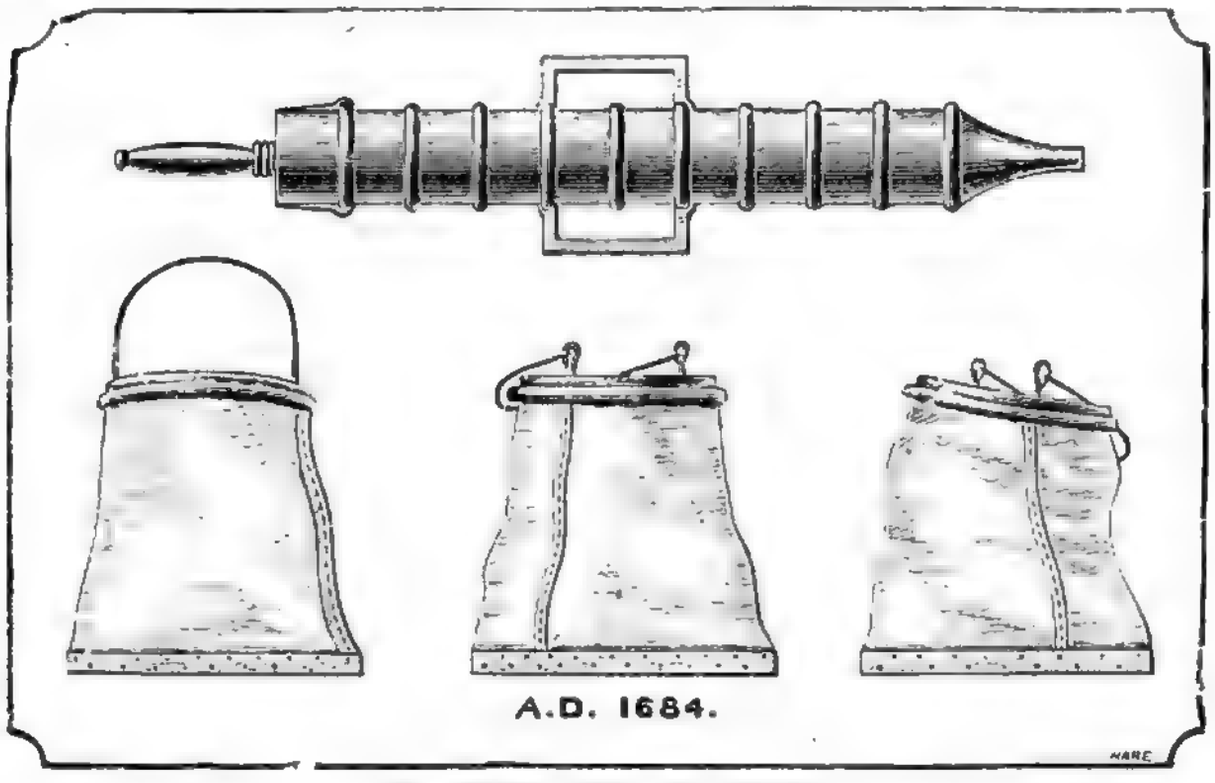
18TH CENTURY MANUAL.

height five feet five inches. The men are put through a most thorough course of training, both mental and physical, and whilst the former is very necessary in order that they may be thoroughly versed in the theory of fire, its cause and effect, the cult of the body is even more essential, for the fireman is often called upon to effect a rescue under conditions which none but the strongest could perform.



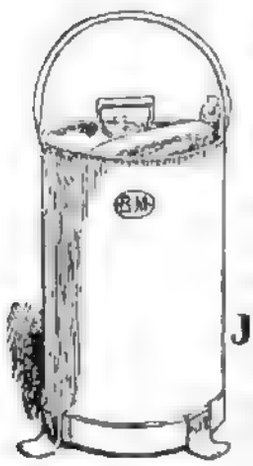
OLD MANUAL FIRE ENGINE FROM WINDSOR CASTLE. 17TH CENTURY.

Has weighted flywheels and double pistons.



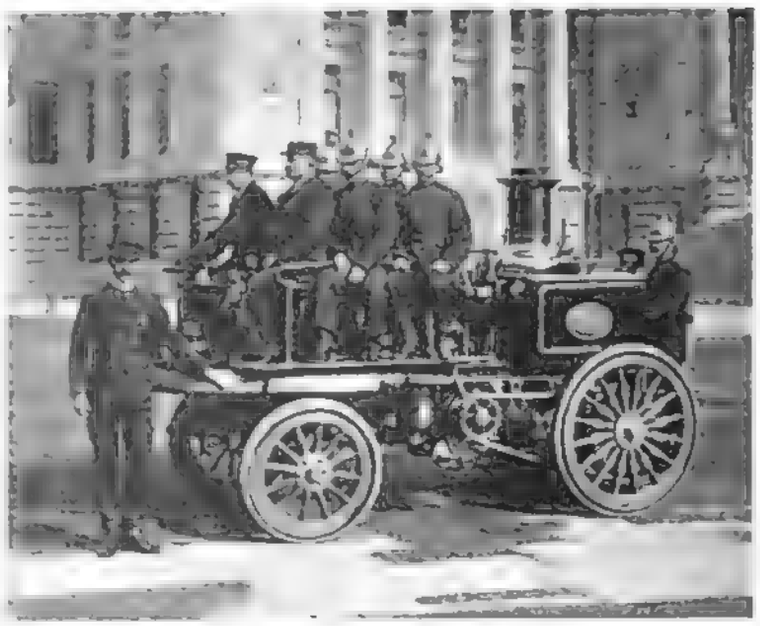
OLD LONDON SQUIRT AND BUCKETS,

Shown by Messrs. Merryweather at Earl's Court Exhibition, 1903.



19TH CENTURY HAND PUMP.
London Fire Engine Establishment.

Considering the duties he is called upon to execute and the risks he runs, the pay of the fireman is not particularly large. In the Metropolitan Fire Brigade the fireman under instruction receives 24*s.* per week, and he rises through four grades to 37*s.* 6*d.*, which is the pay of a first-class fireman. He may subsequently rise to the post of superintendent, for which the remuneration is £295 per year. After fifteen years' service a fireman may claim a life pension reckoned at 30 per cent. of his pay, whilst if he completes twenty-eight years' service he is entitled to a pension equal to two-thirds of his pay. Should a fireman be killed in the execution of his duty his widow receives a pension of £20 a year, with 1*s.* 6*d.* per week for each child until it is fifteen years old, and there is also a scale of gratuities based on the length of service.



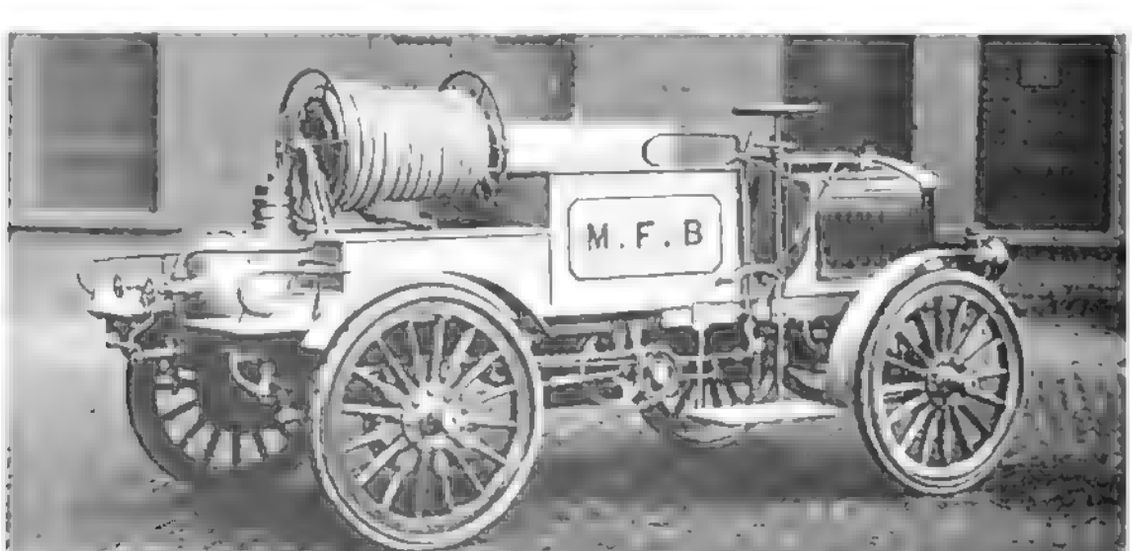
MERRYWEATHER'S MOTOR "FIRE KING" STEAM FIRE ENGINE.
Portsmouth Fire Brigade.

In conclusion, the history of the great conflagrations of the Christian era from the burning of Rome, A.D. 64, to the great fires at Baltimore and Aalesund, and the burning of the Iroquois Theatre, at Chicago, may be given. They are as follows:—

A.D.

64. The Burning of Rome by Nero. Six days.

1154. Antioch, in Syria, consumed.



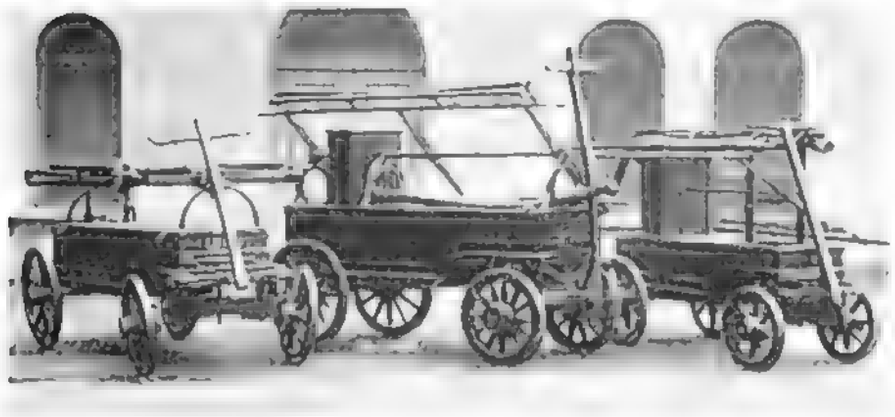
THE VERY LATEST.
Messrs. Merryweather's New Motor Chemical Fire Engine.

A.D.

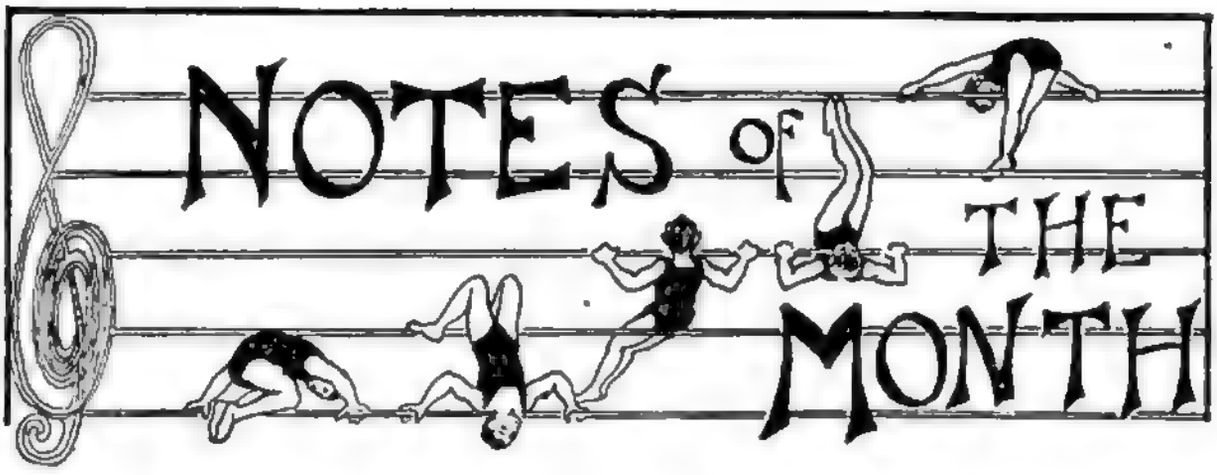
260. Bordeaux destroyed. Rebuilt by the Romans.
393. Constantinople, burning for three days.
465. Constantinople. Over six days and nights.
558. Paris burned.
640. Alexandria destroyed.
798. London partly destroyed.
802. Constantinople. Homer's Works burned.
982. London. Greater part of City.
1086. London. From East to West Gate destroyed.

A.D.

1130. Rochester (Kent) burned.
1212. London Bridge. 3,000 lives lost.
1349. Newcastle-upon-Tyne burned.
1463. York Minster destroyed. "The statliest of fabricks."
1544. Edinburgh and Leith demolished.
1666. The Great Fire of London.
1782. Constantinople. All the fine palaces and mosques.
1871. Chicago destroyed. £50,000,000 damage.
1903. Iroquois Theatre, Chicago.
1904. Baltimore burnt out.
1904. Aalesund, Norway, burnt out.



OLD "BEDPOSTER" MANUAL FIRE ENGINES, EARLY 19TH CENTURY.



Physical Deterioration.

In a letter to *The Times* on this all-important subject, Dr. G. J. Sealy makes the following interesting remarks:—

"After making all necessary allowance for the amiable intentions of Dr. Farquharson, M.P., towards the powers that be, there can be no doubt about the urgency and importance of the subject to which he has called attention. The opportunities which over thirty years of medical work have afforded in what is perhaps one of the very best districts in England both for children and chickens, has convinced me that Sir James Crichton Browne's predictions of twenty years ago have been amply fulfilled, whilst in the less well-circumstanced and manufacturing localities matters must be infinitely worse, I feel sure. Ample proof abounds on every side that, in spite of increased sanitary and other undoubted advantages, our rising generations are not being well fitted, either mentally or physically, for the sequel of life.

"The physical development of childhood and youth is unquestionably one of the most important directions in which the circumstances of the time are calling upon the inhabitants of Great Britain to take stock of their resources; and I may say that I agree with Dr. Farquharson as to the fitness of the members of the British Medical Association to afford assistance in this matter rather than the Colleges of Physicians and Surgeons. The latter would be better employed with Dr. Donkin [and] his friends in considering whether the term to be applied to the condition should be deterioration or degeneration, and in arranging the statistics which are expected to be so valuable fifty years hence.

"There can be no manner of doubt that the children of this country have been and are suffering from over-pressure, as Sir James Crichton Browne stated twenty years ago; but, as long as they have to grow up under the conditions they do, any pressure would be likely to constitute over-pressure. Provided they were properly fed, sensibly clad, and were submitted to a more reasonable educational curriculum than they have hitherto been familiar with, the anæmia, the nerve disorders, the degenerates which Dr. Jones encounters at Claybury, the developmentally defective who after leaving school are so numerous amongst our recruits, would speedily disappear.

"Very few of the children living in the districts under my observation (in Surrey) can be said to go breakfastless or dinnerless to school; but, as a matter of fact, the material provided for them by ignorant and thriftless mothers has done next to nothing to supply nature's needs.

"This very serious state of things in this country is by no means confined to the poorer classes.

"The necessity for proper clothing is almost as important as for proper food, though this may not be so obvious to persons who are

not quite familiar with the requirements of present-day life. It is, however, most desirable that our county councils should insist, if they have the power, that all school children should be obliged to present themselves properly clad. For instance, girls should be required to wear a neat hygienic serge dress, flannel under-garment, serge knickerbockers fitted to the waist with an elastic band—no corsets. They should wear a woollen jersey, and an over-dress with shoulder straps, fastened into the waist with a loose belt. Boys' clothing should be on similar lines. If a uniform colour were adopted a brightness and tone would be imparted to schools, and the *moral* of the children would be raised. *Surely in our national schools muscular efficiency should be as much cultivated as brain efficiency.* The magnificent specimens of girlhood who have misled Mr. Percy Dunn are the outcome of improved muscular exercise. They are the products of the bicycle, the tennis lawn, the river, &c., which have taken the place, amongst certain classes, of the duty walk which used to be considered all-sufficient. Amongst these anæmia, nerve troubles, etc., are much more rife than they would be if nature's requirements were well met all round."

* * *

Army Recruiting.

In some respects the Annual Report of the Inspector-General of Recruiting discloses a state of things which is not unsatisfactory. It is true that during the first nine months of 1903, the period under review, the number of recruits, both Regulars and Militiamen, fell far short of the enlistment of previous years. But there are two reasons which probably account fully for that. First, in consequence of the special recruiting, during the war, for mounted corps, practically all these corps were largely in excess of their establishment, and were closed to recruits, as also were certain other branches of the Regular Army. Secondly, the new regulation, by which the authorities seek to exclude undesirable characters, has had the effect of choking enlistment. Recruits are now required to obtain certificates of good character before they can be finally accepted for service. The new system is, however, now in full swing, and Sir Francis Howard does not believe that it has entailed the loss of any desirable men.

* * *

ABRAHAM CANN,
Wrestling Champion of England. Born 1796.
Height, 5 ft. 8¼ ins. Weight, 12st. 7 lbs.

Our National Physique.

It must, nevertheless, be admitted that there is one very serious subject of dissatisfaction about this Report. That is the light it throws upon the progressive deterioration in our national physique. The percentage of recruits rejected for various

ailments was 24·77 last year, as against 22·46 in 1902, which percentage is higher than any that has been recorded during the past nine years. Unfortunately we have no right to set against these figures the diminution in the percentage of rejections for want of physical development, because that shrinkage is admitted to be due mainly to the greater care exercised by recruiters, and partly to the new standard of chest measurement. We do not know that any comments can add to the gravity of these facts. If we do not find satisfactory physical development and freedom from disease in those young men who have the spirit voluntarily to choose a soldier's life, in what other class of the community can we reasonably expect these qualities to exist?—*Pall Mall Gazette.*

* * *

Public Schools and Sports.

Speaking at a meeting of the Education Committee of the Cambs County Council, Mr. Louis Tebbutt (once a very fine speed skater) objected to the approval of work to be done at the County School for Boys.

Mr. Tebbutt said probably if there was a curse in England it was the curse of games, and he did not think it was the duty of a county council to encourage anything in the way of cricket or football. Cricket and football had become a great nuisance, a fact that was apparent to anyone in business. Young men, nowadays, instead of having ambition to get on in business, practised football and cricket, because they found to be a good player excited admiration. The County School was for boys who were going to be artisans, small farmers, and so on, and it was no kindness to bring the scholars up with the idea that cricket and football were necessary. As an instance of the effect of such training, Mr. Tebbutt told the Committee of a hard-working farmer who found his son referring in supercilious tones to the boys of his village as "clod-hoppers."

* * *

It is to be regretted that His Majesty, in his address at the opening of Parliament, could not find a place for reference to the necessity for improvement in the physique of certain classes. An assurance from "the first gentleman in the land" that the matter is to receive the immediate attention of his Ministers would have indeed been welcome news, and, we venture to think, far more interesting than matters in Somaliland or Thibet. Further, the prospect of "A Bill to Promote an Improvement in the Physical Standard of Children" would have been welcomed by all who have the welfare of their country at heart, far more than some which the House is to have placed before it.

* * *

Perth, W.A.

Dear Sir,

I am forwarding photos of myself, which I hope you will think fit for publication in your Magazine.

I have been working with your apparatus for about two years, and am very pleased with the results obtained from following out the instructions.

Last January I started a course of training under an instructor, and found it much more beneficial than working from the chart alone, as there are a great many points one does not learn by working on their own account.

The following are my measurements. What is your opinion of them?

Age	19 years.	
Height	5 ft. 3¾ ins.	
Weight	9 st. 2 lbs.	
Neck	13¾ inches.	
Chest (contracted)	30	„
„ (expanded)	37	„
Upper arm ...	12½	„
Forearm ...	10½	„
Waist	26½	„
Thigh	19¼	„
Calf	13¼	„

Wishing you every success,

I remain, etc.,

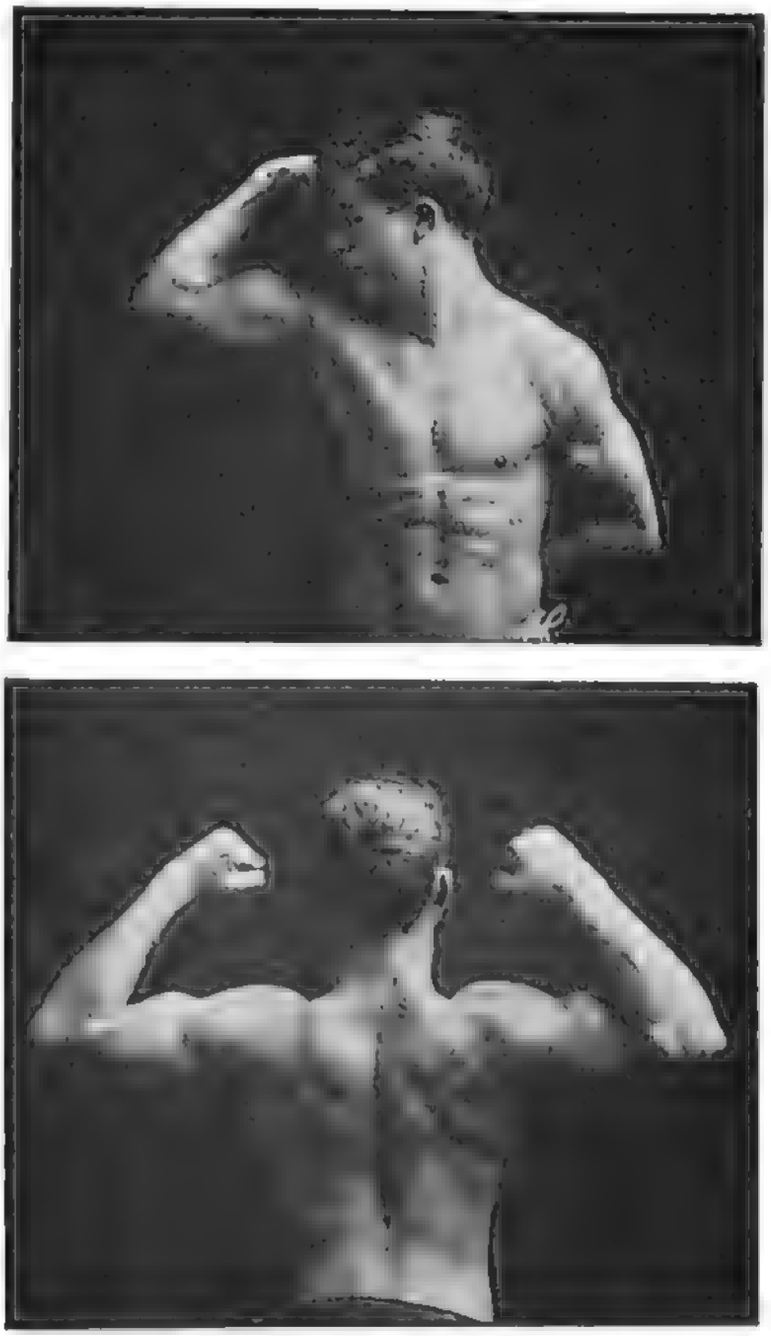
S. B. Jago.

[Judging from the photographs which

appear on this page Mr. Jago has attained most satisfactory results. Indeed, in one so young, such a symmetrical development is rarely seen. It only shows what can be achieved by following the system, and should be an incentive for others to go and do likewise.—ED. *S. M.*]

* *

We have received from Messrs. A. & C. Black, Soho Square, W., their series of "Who's Who" year books, which should appear on the shelves of every library, for they are most valuable books of reference. This year's issue of "Who's Who" contains over 17,000 biographies, all of which can be relied upon as correct. "The Englishwoman's Year Book" is another invaluable compilation, whilst the "Who's Who Year Book," at one shilling, provides a host of useful information in tabular form.



MR. S. B. JAGO (Age 19).

* *

The latest additions to the long list of athletic publications issued by Messrs. Gale and Polden, of 2, Amen Corner, E.C., are a couple of interesting books on Exercises and Tricks on the Horizontal Bar and Parallel Bars respectively. The exercises are lucidly explained by Arthur Dimmock, and are accompanied by a very well executed chart. The books, which are published at the low price of one shilling, should command a ready sale.

* *

We have received the newly revised edition of "Manhood's Morning," an excellent guide-book for young men, written by Dr. Joseph Alfred Conwell, Mayor of the City of Vineland, New Jersey, and published by the Vir Company, 7, Imperial Arcade, E.C. It is not a medical work, and can be read by young women as well as young men. The book is evidently the result of an extensive and close study of the conditions affecting character. The chief aim of the author is to help young men to think in the right direction and to inspire them with courage to walk and act accordingly. It deals in a most practical, convincing and stimulating manner with the problems of a young man's life. Dr. Conwell holds up lofty ideals and masters the facts which are of vital importance in the making

of manhood in a comprehensive manner. The chapters are written with keen penetration, and show the author's sympathetic and affectionate interest in young men.

* * * *

A London Rector and Deterioration.

Interviewed recently, the Rev. J. W. Horsley, Rector of St. Peter's, Walworth, S.E., made some interesting remarks with regard to the question of physical deterioration amongst the poorer classes of the metropolis, but whilst he started by expressing the opinion that there was no deterioration, he proceeds to show that there is such an element, and gives the cause, as reported by a representative of the *Daily News*:—

"'To the question whether he thought that the mass of the metropolitan population was growing physically worse, Mr. Horsley replied:—'I have been working in the poorer parts of London since 1865, and I should say that on the whole it is not deteriorating. On the contrary, there are many opportunities of improvement given by the Volunteer movement, the Saturday half-holiday, the increase in the number of open spaces, athletic clubs and gymnasia, the Church Lads' Brigade, and physical drill in schools. All these things have tended to produce a better physique. We are, I should say, better than we were twenty years ago, but I hope we shall be still better twenty years hence.

"'But, of course,' he continued, 'there are plenty of elements making for degeneration. All I think that we can say is, that we are marking time; that is, that we have not degenerated so much as we should have done but for the efforts that have been put forward in the other direction. For instance, if it had not been for the work of temperance societies, in which I am much interested, what a lot of drunkards we should have had. I do not think, however, that we are doing much more than marking time in that respect. We have a better public sentiment, but we have a lot more people who drink, and the more money they get the more it goes in intoxicating liquors. I believe there is less drunkenness, but more drinking, and that to a vicious extent, although falling short of public and acknowledged intoxication.'

"The chief cause of physical deterioration is, in Mr. Horsley's opinion, the overcrowding of areas. His own parish is an object lesson, being 660 yards square, with a population of over thirteen thousand. Houses which were each occupied within the memories of living people by one well-to-do family are now tenanted by four, five, or even six families.

"A sad feature of overcrowding is the large number of deaths of infants by overlaying. In the first fortnight of this year there were in that district fourteen inquests on infants from that cause. This showed, said Mr. Horsley, besides ignorance on the part of parents, a condition of things tending to degeneration. Again, work was so fluctuating that not half the people in the parish had a year's work straight off, and that meant habitual underfeeding of the children. Last winter he had been concerned in supplying 93,000 meals to children who, in the opinion of their teachers, were insufficiently fed. Bad air was also a cause of degeneration.

"Still, Mr. Horsley returned to his point, that with so many adverse influences, evidence of degeneration was less than he had expected to find.

"The children did not get enough of anything that made for healthy life—the food was bad as well as insufficient, and the air was bad. And besides this, they suffered from the effects of their parents' intemperance.

"'Do the parents give the children such food as they can?'

"'Oh, yes,' said Mr. Horsley, 'and that is one of the evils. They are so ignorant that they give babies and little children the same kind of food that they eat themselves. The children thus get indigestion from the first. We distribute literature and give lectures on this point, and do all that we can to enlighten the mothers and fathers.'

"The poor physique and low stature of the poor in London were mentioned by Mr. Horsley as very noticeable. He was himself, he said, six feet one inch and a half in height, and it seemed to him that most of the men in his parish could walk under his outstretched arm. Among the well-to-do classes the state of things was very different, the stature of both sexes increasing markedly. His own son was two inches taller than himself. 'But,' he added, 'those classes don't bring their children up in London.' He would like to see a gymnasium in every school, for the London lad was mostly flabby in muscle as well as short."

* * *

Physical and Mental Training.

Certain recent criticisms upon the educational results of the methods pursued in our public and secondary schools generally deserve the serious attention of all who have the welfare of the British Empire at heart. But our readers will naturally be most directly interested in those portions of such criticisms that touch specially upon our school games. If it be true that our schoolboys think only of their sports; that, as a result of one-sided early training, the talk of gentlemen is only "of animals and games"; that "golfers are everywhere, students nowhere"; that, in a word, our educational institutions, which produce so many excellent athletes and lovers of physical exercise, produce at the same time a race of men who know nothing, have no desire to know anything, are not ashamed of their ignorance or even aware of it; then a condition of things exists in which every wise devotee of sport must see something amiss. The ideal footballer, cricketer, rower, or sportsman, who is not a professional, regards his sport as a recreation, not as the business of his life. While to a candidate for the army or for any other profession it would be a very serious deprivation not to have had a varied athletic training, it is more than a deprivation—it is a real disqualification—to lack the mental training necessary to the efficient discharge of his duties. To sacrifice the acquisition of the qualifications necessary to a gentleman's career to the acquisition of skill in recreational activities is to put recreation in its wrong place; is, in fact, to degrade it and to bring it into disrepute. It is, therefore, no less to the interests of the real friends of our various recreative exercises than it is to that of the guardians of our national welfare to see that in the education of our youth a due balance is maintained between the physical and the mental training, so as to obtain the best possible of both.—*The Field.*

* * *

A Ducal Anak.

The Duke of Somerset is one of the Anaks of the peerage. He fought in the Red River Expedition, where he carried the heaviest pack in the expedition.

* * *

The Sandow System in Schools.

"The inhabitants of this country take an interest in the rearing of the offspring of all animals except themselves."—(Herbert Spencer.)

THE time has now arrived when the State and parents must turn their attention very seriously to the physical well-being of the young. It is a duty due, not merely to the children themselves, but also, in a very material sense, to the nation of which they form an integral part.

The physical requirements of our nation is the subject of considerable controversy at the present time, and His Majesty the King, acting upon the representations of His Ministers, has deemed it expedient to appoint Royal Commissions to enquire into the opportunities for and suggest means whereby physical training may be conducive to the welfare and contribute towards the sources of national strength and prosperity.

One such Commission has already been held, and the very lamentable physical condition of the young of both sexes in the schools, and the astounding apathy which prevails concerning this very important branch of education, can best be gathered by reading the published report which has, by His Majesty's command, been laid before both Houses of Parliament.

The idea that outdoor games—important as they unquestionably are in their beneficial aspects, and the value of which it is to be hoped may never be overlooked—is all that is necessary, and that no more scientific or systematic methods are needed for maintaining health and bringing the body to a condition of physical perfection, has now been proven fallacious, and utterly unsuitable to the conditions of present-day life in cities and towns. This has brought about a demand for adequate means of properly developing the body and bringing its organisms to and maintaining it in a healthy state. Thousands of both sexes, of all ages, realising this necessity, and regretting the lack of previous opportunity (or maybe inclination) to attain a physical condition which would have been more easily acquired when they were a few years younger, are now devoting themselves to the belated task of improving their physique, and strengthening their constitutions to withstand the physical effects of the unnatural state of existence under which circumstances compel them to live.

My own efforts have been untiring, and I hope I have done something in the last few years to awaken interest in this vital question. It was I who first propounded the idea of setting the physical training of children upon a more scientific basis than that previously existing in this country.

It would be of far-reaching advantage if the principle of regarding games rather as a means to an end than merely as a pastime could be inculcated and applied to all outdoor or indoor sports; but even these games—all of which have a more or less one-sided tendency—would not accomplish the end in view. Such an element would go a very long way towards the cultivation of the powers of concentration and the perfecting of various moral qualities, including self-reliance and self-restraint. There are capabilities for movements lying in our bodies which need only an effort of will to bring into use, and which can, by proper development, assist in preventing or remedying many disorders. A system of exercises scientifically based, and having regard to the mechanism of the body and the conformation of its joints, is necessary for a normal development, the maintenance of a proper state of health, and also for healing many affections.

Too much stress cannot be laid upon the importance of a carefully arranged system of exercises being adopted and included in the

daily curriculum of schools, such exercises having no element of danger and suited to all circumstances.

Having regard to the great importance of these requirements, I have, after careful consideration, devised a scheme which, during the period of its existence, has called forth unstinted praise* on all hands; a scheme which has necessitated great labour in its compilation, and one which will undoubtedly prove a boon to the youth of this country. The claims I make are given under their several heads, and go to show how the powers of acquiring mental education may be increased by means of physical education, with which it will be concurrent, and so place children in a position to hold their own in the physical and mental struggle upon which, sooner or later, they have to engage.

The best method of Physical Training.—One which is established on a thoroughly scientific basis, and capable of the widest use; which can be applied with equal success to the delicate or robust without fear of injurious results, and which can be adapted to the ordinary conditions of home or school.

Is there a suitable system?—Admitting the pressing occasion for a judicious system of physical education, based upon scientific formulæ, the question very naturally occurs is there such a system available, which is capable of being adapted to the various conditions of age, sex, physique, etc., of would-be students? The answer is that a system has been promulgated, and is already rapidly spreading throughout the British Empire.

How is it carried out?—My system is essentially an *individual one;* conducted under my personal direction and supervision. I have devoted years of my life to the object of promoting the physical welfare of the human race, not only by urging the importance of cultivating the body equally with that of training the mind, but also by indicating the means whereby it may most effectually be done. Each pupil is treated as a medical man treats his patients, that is to say, in accordance with his or her *individual* requirements; for seldom are two cases precisely alike, and the peculiarities of each require due consideration.

The Specialist.—I claim for myself the position of a specialist; as from the very first moment, now some dozen years ago, when I first began to expound my theory of applying the mind to the acquirement of health, and to the development of muscular strength, it has met with unvarying success.

The system as applicable to children of all ages.—(1) That my system is suitable for children of all ages is evidenced by the fact that many begin to attend my schools at the age of five or six years, and delight in the movements which teach them to exercise their wills in mastering the correct positions and movements. Their parents, too, are so satisfied with the results, that they send them session after session, until they have with regret to take them away to send them to school. Some exercises in the case of young delicate children are at times apt to prove injurious; but the exercises I prescribe cannot be productive of any but good effect upon the most delicate. They teach control and discipline of the limbs, inculcate a correct method of breathing, which is such an important factor in the development of the lungs, and consequent protection against pulmonary diseases, adenoid growths, and the development of complaints to which there may be a natural tendency.

Concerning Girls.—(2) An exceedingly mild and gradual system such as mine, in its modified form, is especially requisite for women and girls, because being possessed of a greater amount of nervous energy, they are apt to attempt performances beyond their strength. Consequently it is important to train and strengthen their organs in a very gradual and systematic manner to bear a reasonable amount of exertion, and, whilst strenuously rejecting such as are liable to lead

* See the Report of the Royal Commission on Physical Education (Scotland.).

towards coarseness or undesirable muscular development, to provide such movements as tend to impart to the outline of the figure the delightful contours so much to be admired; raising and rounding the walls of the chest, producing a well rounded neck and bust, preventing flat chest and the tendency to loss of figure in middle life, also such as conduce to the production of a clear soft skin and a bright healthy complexion.

Establishing a useful habit.—Fifteen or twenty minutes' exercise daily, at a regular hour, establishes a habit to which, once acquired, its votaries will cling throughout their lives.

Gymnastics and Games. — My system, involving as it does so small a demand upon the time and physical resources, assists in the training for other forms of exercise, of which it is not intended, by any means, to take the place. Gymnastics, outdoor sports, and other exercises which should be considered more as recreative than scientific, should always be made supplementary to this method of body-building, curative exercise.

Heedless of the future.—The young do not think of the need of storing up for years to come, and when they arrive at the time when most discreet people begin to think of making provision for the future, it is not with regard to health and energy that they turn their attention, and why? Because the habit of daily exercise was not inculcated in their irresponsible days.

The system, as adapted to the particular requirements of colleges and schools, is as follows:—

In the first instance it is ascertained to what extent the pupil is capable of undergoing a course of instruction; the measurements are taken and any necessary particulars as to the irregularity in development, or weakness of any kind are noted.

Upon this report the standard in which the pupil is to be placed, in accordance with his physical condition, is determined.

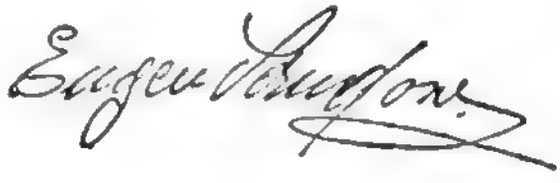
The exercises are graduated to suit the different standards. Measurements are taken from time to time and pupils advanced from standard to standard as soon as qualified and fit for more advanced work.

The lessons occupy from 15 to 30 minutes each week-day, the first course not taking more than 15 minutes of brisk work; the second about 20, and subsequent courses up to, but not exceeding, 30 minutes. Special cases, such as, for instance, *curvature*, may be encouraged to work for a few minutes during the evening as well.

The different standards are placed under the control of properly qualified supervisors, who work under my direction, and whose duty it is to see that each pupil does exactly the task – no more, no less—than has been prescribed.

In order to encourage an interest in the study of physical culture, and also to excite a spirit of healthy emulation, I award prizes in the shape of gold, silver and bronze medallions severally to the three pupils who, out of a minimum number of 20 in a school, show by the improvements made, that they have worked diligently during the year.

It behoves parents who take a real interest in the physical and mental well-being of their offspring to learn by inquiry and observation the improvement made and to encourage a continuance of the exercises daily during the vacations. By this means a habit of daily exercise will be so strongly inculcated that it will not be neglected in after life, whatever the occupation may be: whereas all medical men and parents know that the practice of giving up all forms of exercise on leaving school is unfortunately too common, owing to the absence of such a custom.



FENCING is taking a remarkable hold upon ladies in England just now. Clubs are being started not only in London but in many of the large provincial towns. The Ladies' Field Club is playing a leading part in the revival by organising fencing exhibitions. Miss Toupee Lowther, who is one of the most expert amateur lady exponents in the country, is enthusiastic about fencing. "It is such a fine exercise," she says. "And you can have a bout indoors in any fair-sized room, so that you have no difficulty in getting plenty of practice." But Miss Lowther says there is something higher in fencing than exercise. "It is, in fact," she says, "a fine art. When you are expert yourself you see its beauties. But you must learn young if you mean to become a first-class fencer. I practised hard for five years before I attained any real proficiency. And then you have to keep in condition by fencing at least twice a week." Miss Lowther holds that one should always be first taught to fence with both hands. Of course, high proficiency cannot be attained with both, but this plan not only whets the interest, but also develops the muscles on both sides of the body equally.

* * *

The *Daily Mirror* investigated the question as to whether women of the present day have larger feet than their mothers, and arrives at the conclusion that physical exercise has undoubtedly enlarged the feet of Englishwomen. The tiny foot of the high-born English lady, celebrated in poetry and in song, is a thing of the past. Tramping on the moors with the guns, playing golf and hockey, has produced a race of women whose powers of endurance and strength would surprise the "featherweights" of the preceding generation, and these athletic ladies have naturally larger feet. A fashionable Bond Street bootmaker, seen by "Miss Mirror," said: "The American girl has a shorter, stouter foot than her English sister. It is more highly arched and the heel is smaller—it more resembles the foot of the French girl. But in England, France, and America alike

there is a distinct increase in length, amounting, during the last five years, to a rise of a size all round." The bootmaker spoke almost sadly of the change, but a doctor, who is a specialist of physical culture, hailed it with delight. He admires the girl who indulges in natural exercises and games, who is obliged to wear a reasonably comfortable boot. "Women now think," he continued, "more of the beauty of their feet than the size, as in the days gone by. There is nothing more beautiful than a perfectly formed foot, with all its contours unmarred. The tiny foot has gone, but evidently there is no reason why it should be regretted."

* * *

A man who marries a beautiful woman must be prepared, says the *Daily Mail*, to allow her for the preservation of her looks the sum of £500 a year!

Then, when all is done, with face steamed and massaged, with neck and arms enamelled, with hands manicured, and costume arrayed by the deft fingers of her trained lady's maid, the beauty emerges from her boudoir to brighten a dull world with her radiance.

The details of the beauty's bill are thus summarised :—

	Per annum. £	s.	d.
For facial treatment and cosmetics	100	0	0
Outfit for complexion (a box) ...	10	10	0
Replenishment of supplies ...	12	12	0
Rouge, £3 3s. a box (three boxes a year)...	9	9	0
Powder puffs, 10s. 6d. each (twelve puffs a year)	6	6	0
Electric battery and hair brushes	5	5	0
Electric baths, once a week ...	50	0	0
Special medicated baths, two a month...	12	12	0
Vibration treatment for health ...	100	0	0
Bath sachets and lotions ...	80	0	0
Bath appliances	20	0	0
Hair treatment	30	0	0
Manicure	15	15	0
Visit to Paris beauty establishments	50	0	0
Physical exercises, fencing, etc....	20	0	0
Yearly total	£522	9	0

[We venture to think that if the last item were allowed to swallow up a larger percentage of the total, few, if any, of the other items of expenditure would be necessary, for what woman, given good health, requires such things as cosmetics, electric and medicated baths, etc.? ED. *S. M.*]

Physical Culture and the Middle-Aged.

By HOWARD H. HELY, B.A.

AS the seasons gradually glide into each other—Spring into Summer, Summer into Autumn, and Autumn into Winter—so in like manner the different periods of life follow each other, and before we are quite conscious of it, Time has carried us from youth into middle age. The man finds it is more agreeable to be a spectator of the game in which he used at one time to take an active part, while his doctor cautions him to exercise care during his holiday in Switzerland. The woman discerns that the soft contours of youth have fled, and recognises with a pang that beauty is evanescent. They have both entered upon that period of life termed "middle age," a time, in the minds of many, associated with disillusion, decay of the body, a longing for material success, and the loss of the fire and energy of youth.

And yet men and women might avoid to a considerable extent those evils which we connect with the time of life between forty and sixty. Youth ceases before it should, and before it would if Nature had fair play, and the principles of physical culture were more widely known and adhered to. Physical culture, however, seems to be popularly restricted to youth and the display of feats of strength and agility; and there is every likelihood that those who are already middle-aged may think that their case is outside of its influence. It is the purpose of the present article to show that this is far from being true, and that the middle-aged may, on the contrary, derive considerable benefit from following a course of physical training, and adhering to the common laws of health.

Those who are accustomed to study their fellows must have observed the physical deterioration which takes place in the case of most men after they have passed their thirty-fifth or fortieth year. The signs at first may be very slight, still they are there. The reason is not far to seek. Nature meant man to be in his prime between thirty-five and fifty-five, but excesses of all kinds, unhealthy avocations, the inordinate pursuit of money or ambition, trouble and grief, act as retarding influences and explain why it is that we find men in middle age showing signs of physical degeneracy, such as corpulency, sluggishness, emaciation, nervousness, premature baldness, etc. The contrast between youth and middle age is often painfully evident when we see a mother and her daughter together, and reflect that what the one is the other will become.

When youth and early manhood has sown its wild oats, it is apt to forget all about it until middle age has set in; for the peculiarity of wild oats is that the crop does not, in many cases, appear until long after it has been sown. The middle-aged man, who is at the same time a physical culturist, will know how to answer the poet when he exclaims:

> "And dare we to this fancy give
> That had the wild oats not been sown,
> The soil left barren, scarce had grown,
> The grain by which a man may live?"

I can imagine the middle-aged readers of SANDOW'S MAGAZINE regretting their inability

to roll back the years and join the ardent band of physical culturists. Now, although youth is the best time to reap the full benefit from a course of physical training, when the body is plastic and the mind full of ambitious energy, yet those who have passed that stage of life should take heart of grace, seeing that all the advantages are not on the side of youth. Bodily infirmity and pain teach us, as nothing else does, the inestimable blessing of health and strength. The middle-aged, too, have more control over ways and means; the merchant in the warehouse, the vicar of a parish, the schoolmaster, and the head of a household have much more power to order their lives than their juniors. They have, moreover, a greater influence in matters that concern the community at large. For this reason the attitude of the middle-aged with regard to physical culture is of peculiar importance. It rests largely with them whether the middle age of the present generation will be in advance of theirs in matters of health, strength, and general hopefulness.

The middle-aged afford in themselves an object lesson of the great natural law which forms the basis of all physical culture teaching—that exercise is needful for the maintenance of the health of the body. If this important fact were written in large letters on the foreheads of each of us it is not likely we should forget it. And yet, for those who care to read it, Nature has printed it over the whole body – on the muscles, which pre-suppose exercise as a clock does time; on the skin, which soon shows the effect of an inactive life; on the blood, the course of which through the veins and arteries is partly brought about by muscular action; and on the whole system of nutrition which is based on the waste and tear of the body—the results of bodily exercise. It follows from this that a disregard of the law of exercise must bring about a disarrangement, more or less serious, of the machinery of the body. Nature, moreover, does not admit of the plea of ignorance. She invariably acts on the legal dictum *Ignorantia non excusat legem* —ignorance is no plea against the law. And so it happens that the middle-aged have to suffer for the sins of commission and omission of their thoughtless youth.

Now in this matter of exercise men and women of mature age are habitual sinners. As they grow older they become less and less inclined for it, while they indulge freely in the luxuries of the table, thereby upsetting the balance of waste and repair. It cannot be too strongly impressed on such persons that, if they value health and personal appearance, they should devote a portion of each day to systematic exercise. Ten minutes with the elastic exerciser, dumb-bells, or free exercises, would in the course of time bring about a desirable and welcome change. It is a great mistake, however, to imagine that physical culture means the tossing about of dumb-bells in an irregular manner, with our minds anywhere but on the work in hand. On the contrary, if an appreciable benefit is to be secured the exercises must be carried on in a systematic manner, the would-be physical culturist giving the same attention to improving the condition of his body as he does —say, to making money. This is really the secret of success. Many perhaps do not realise that the amount of energy, determination, and will-power necessary to produce the strong men of the world would, if directed into other channels, advance a man far on in the professions and in the world of business. The beginner would find his path made easier and more certain if he took lessons for some time from a skilled instructor. In any case the middle-aged ought to have themselves examined by a medical man, so that any latent weakness may be detected. Undue strain could thus be avoided, and special exercises undertaken to build up the strength of the weak parts. There can hardly be any doubt that physical culture as a curative agent has a decided future before it. It is interesting to note here that Bacon, with his usual sagacity, has anticipated modern teaching on this point. He says: "There is no stand or impediment in the wit but may be

brought out by fit studies, like as diseases of the body may have appropriate exercises—bowling is good for the stone and reins, shooting for the lungs and breast, gentle walking for the stomach, riding for the head, and the like."

In any scheme of physical culture, outdoor sports and games should not be left out of consideration. Of these, one of the most suitable for the middle-aged is cycling. While the advantages for mind and body to be derived from this form of exercise need not be descanted on here, it is well to utter a word of warning. As a cyclist of many years experience of ordinary riding, I am convinced that the chief danger in cycling consists not, as might be supposed, in the liability to fall off the machine, but rather in staying on after the point of fatigue has been reached. It is well to remember that, while cycling under certain conditions can be indulged in by the aged and feeble, yet it also affords room for the display of the strength and endurance of an athlete. Riding immediately after meals, negotiating hills beyond one's strength, riding when fatigue has already set in—these are faults which tend to a large extent to discount the benefit to be derived from cycling.

But, for the middle-aged and those advanced in life, gardening is undoubtedly one of the finest of outdoor occupations. It is a pastime suited to all degrees of strength, exercising the muscles vigorously in spade work, while the most delicate can find work suited to their strength. The long hours spent in the open air, the variety of the work and its interesting nature—affording occupation to mind and body alike—add to the value of this form of outdoor recreation, and make one regret that the modern builder seems to ignore its necessity. It is not easy, within a radius of thirty or forty miles from London, to secure a house of moderate rent with a large garden attached to it. This is at all events my own experience with regard to Surrey and Sussex. In these days of bustle and strain, when even the privacy of remote country roads and lanes is invaded by the ubiquitous motor car, which, whatever pleasure it may afford to its owner, tends to interfere with the enjoyment of pedestrians, cyclists, and other frequenters of the country roads, it seems even more necessary for everyone who can manage it to secure peace and privacy by surrounding himself with an acre or two of land. If gardening were more indulged in than it is at present it would come to rank among the "Nature cures." Is it not really a part of the natural work of the natural man., viz., the tilling of the ground? To quote Bacon again: "God Almighty first planted a garden, and indeed it is the purest of human pleasures; it is the greatest refreshment to the spirit of man, without which building and palaces are gross handyworks."

The middle-aged who have not been accustomed to the cold bath would do well to exercise some judgment before indulging in the practice. My personal belief is that many would be much better without it; and that the strong might differentiate between the practice of taking it in summer and in winter. Some time since, when working upon a Canadian farm, I used, when the day's work was over, to wash myself with cold water (warm might be preferable) and soap, using a loofah vigorously, and finishing by sponging all over with cold water. I still have a vivid recollection how the fatigue, to a large extent, used to vanish as if by magic, and an agreeable sense of lightness take its place. The reason of the change was, of course, that the pores of the skin which had become clogged were again set free. Such a plan seems to answer the purpose of health and cleanliness better than the matutinal cold bath.

When we turn to the question of food—the fuel of the body, and without which exercise would be nugatory—it presents itself in a very unsatisfactory condition. Once we leave the safe and well-trodden paths of custom, we find ourselves in a maze of conflicting statements and theories. Every form of food or system of feeding has its advocates or detractors—and that not only among

unaccredited teachers, but also among medical men and food scientists—leading one to suppose that the physiological aspect of food has not yet been mastered. For example, we meet with such conflicting theories as these:—"Meat is injurious because of its uric acid properties"; "beef is the ideal food for man, and meat generally is more suitable than a vegetable diet, because it contains more concentrated nutrition, does not generate gas, and is not bulky." "The true food is a vegetable and farinaceous diet, which contains all that science considers necessary to sustain the body, at the same time providing the bulky matter which is necessary for the health of the bowels"; "the vegetable theory is wrong, as the digestive economy of man clearly shows that he was not meant to consume so bulky a food as vegetables, which, although they may contain all the essential properties of food necessary to sustain health, yet cannot be taken in sufficient quantity to furnish the required nourishment." Further, a mixed diet is praised because "variety is wholesome"; it is condemned because it "tempts one to eat too much." Salt is to be taken as a "necessary constituent of the blood." It is not to be taken because "it might lead to cancer, and is perhaps not necessary in the human economy." "White bread is devoid of the nutritive properties that make for bone and muscle, and which whole-meal bread contains in abundance." Then, on the other hand, we are assured that "the whole-meal theory is a fallacy, and the natural inclination for white bread is to be encouraged." Porridge is not a human food according to some, while others hold a contrary opinion. "Food should be cooked"; "food should not be cooked"; "we should dine well"; "a parsimonious diet is bad." Then we have the "no-supper" advocate, because the stomach requires a rest; the "supper" advocate, because all animals try to eat as much as they can before retiring to rest. Finally, there are the "light breakfast," the "heavy breakfast," and the "no-breakfast" theories; the "three meals" a day, the "two meals" a day, and the "one meal" a day theories. All these food systems have their adherents, and are more or less exclusive of each other. Nor is this all: food reformers underrate the self-denial and discomfort which persons would have to undergo who determined upon a radical change in the usual diet. The whole of society, and the fabric of civilisation itself, is based upon a more or less definite system of feeding. Throughout the kingdom the same kind of food is served in the different hotels; and if the Englishman visits the Continent, the United States, and the British Colonies, he will not find the staple of food materially different. The subject is complicated by the further consideration that our system of diet is bound up with all the acts of hospitality, friendships, and ceremonies which play so large a part in modern life. Still, it would be advisable to depart from prevailing customs if they were shown to militate against the advance of the race. But what I am contending for is, that food reformers must become much more unanimous than they are at present before they can expect to make converts.

But it may be asked at this stage: "Is there any merit in the food question at all, and does it in any way affect the middle-aged?" I think it does in some respects. In the first place, it has brought about a change in our mental aspect with regard to the subject of diet. In the time of Dickens dining seems to have been considered only from the social side of the question—as a means for bodily gratification and good fellowship. We are realising now, as a result of the recent discussions on the subject, that food is to be regarded primarily as the means ordained for maintaining the body in a proper condition of health and fitness, and that mere sensual gratification should yield in importance to this. Such a view of the case leads up to a second consideration, viz., that excess of drink or food is harmful to all, but

more especially to those advanced in life Lastly, there seem to be indications that the scientific knowledge of the actions of various kinds of foods will gradually lead to the partial disuse of drugs; and that the physicians of the future will cure their patients of many diseases through alteration of their diet. In any case it is advisable to keep an open mind on the subject, for food specialists may be able some day to demonstrate that the established mode of dieting is imperfect. That time, however, has not yet arrived.

The familiar saying that "at forty a man is either a fool or a doctor" seems to point to the general belief that experience ought to show what kind of food is suitable in individual cases. Scientists maintain further, that as we advance in life the system requires less food than in early years; this I should imagine refers to the typical cases with which we are familiar, while the nearer the middle-aged approximate to the young in bodily health and habits of life, the less alteration of food would be required. If indeed, instead of trying to suit the food we take to the life we lead, we suited the life to the food, we should hear less concerning the whole subject. Nature's food is for those who lead a life according to Nature, and therefore presupposes a sufficient amount of exercise; and so we are brought again to the conclusion that systematic exercise is a prime necessity for the middle-aged.

Although much has been said concerning the value of pure air, it would seem that the importance of the subject has not yet been sufficiently realised. We still have ill-ventilated churches, theatres, factories, schools and dwelling-houses in our midst. The importance of the subject becomes greater, if we take into consideration the fact that our modern civilisation compels a vast number of persons to pass the greater part of their lives under cover; and that the number of those who breathe the pure and life-giving air of the fields and hills is gradually becoming less. It is to be noted further that exercise in thoroughly bad air is probably more harmful than beneficial, hence the necessity for taking exercise in the open or in well-ventilated rooms. Those who are in the habit of keeping plants in their houses must have often been struck with the great change they undergo when, after they have been kept indoors for several hours, they are exposed to the rain and air. They soon lose their withered and drooping appearance, becoming fresh and green and full of life. The whole question of public and private ventilation is one of the utmost importance, and concerns the middle-aged rather than the young, as they have much more influence in bringing about a change.

Lastly, there is the matter of dress. I do not intend to enter upon the subject further than to remark that dress reforms can much better emanate from the middle-aged than from the young. They ought to fear ridicule less, and be less sensitive to the appeals of vanity. It is most unpleasant to see men and women of mature age aping the juniors in dress, both unsuited to their years and violating the laws of health.

I shall now leave my middle-aged readers, whom I have endeavoured to interest in the theory and practice of physical culture, with the reflection, that if the future belongs to the youth of the present, the present belongs to the youth of the past—that is the middle-aged.

Some Famous Elephants.

WRITING to *The Field*, Mr. W. B. Tegetmeier gives some interesting reminiscences of some famous elephants. He says:—"The death of the clever elephant trainer, Mr. George Lockhart, who was accidentally killed by his favourite elephant, which became nervous, and in her rapid movements crushed him against a railway truck, recalls to my mind vividly a number of exciting scenes in relation to elephants. The first occurrence of the kind that I remember took place at the Old Exeter Change, which existed in the Strand in the beginning of last century. In 1826 a grand old elephant named Chuny became 'must,' as it is termed, in a period of excitement which occurs in mature elephants. In the small cage in which I frequently saw him and fed him during my boyhood proper exercise was impossible. The animal was under good control at ordinary times, and capable of performing many tricks, one of which I well remember was the picking up of a sixpence or shilling from the floor and putting it in a small box or drawer at the top of his den. This was a joke often practised by the keeper, who asked anyone to throw down a small coin, and told the elephant to pick it up and place it in the drawer. The innocent spectator, after waiting vainly for its return, asked the keeper to request the elephant to do so; but the reply usually was that they had not yet succeeded in teaching him that part of the trick, which was usually met with a loud burst of laughter from the spectators, and the innocent countryman went away minus his coin.

"Chuny was at most times well under control, but became 'must' and dangerous, making an attempt to destroy his den, so that it was found necessary to kill him. This was performed by a number of men, including some soldiers, who fired numerous bullets into his head; but not being acquainted with the anatomy of the animal, most of them sent their bullets into the forehead, where they rested in the structure of the frontal bone, not reaching the brain, and a large number of shots were fired before he was killed. To show how perfectly the animal was under control, at the command of his keeper, even while being thus killed, he knelt so as to expose the side instead of the front of his head.

"The most remarkable incident connected with unruly elephants that I recollect was that which occurred twenty-two years ago at the Zoological Gardens, when Jumbo became so unruly that the late Mr. Bartlett provided himself with an elephant gun carrying a very large bullet, in order to shoot Jumbo if necessary. Mr. Bartlett was sufficiently well acquainted with anatomy to have been sure of penetrating the brain at a single shot, and he was present at the shooting of Chuny in 1826. Jumbo was one of the largest African elephants. He could not walk without lowering his back through the tunnel connecting the Gardens. Becoming 'must,' the council judiciously resolved to part with him, and sold him to Mr. Barnum for £2,000. The public became excited with the thought of losing him, and behaved in the most silly manner on the occasion, the excitement being due to the absurd influence of a popular paper, the reporter of which was requested by the lady who had the sale of buns, of which large numbers were sold to feed the creature, not to let Jumbo go away. During his stay, after being sold, thousands went to see him, and the most ridiculous presents were sent to him, amongst others many barrels of oysters, which were consumed by Mr. Bartlett. The excitement grew so high that the majority of the Press had articles respecting it. I felt it my duty

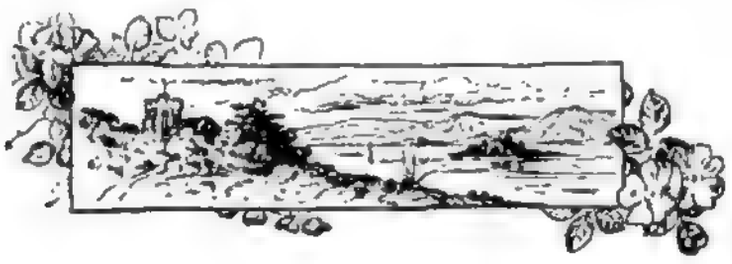
to write about the facts of the case in *The Field* of February, 1882, and have now lying before me a letter from the late Sir William Flower, then president of the Zoological Society, and afterwards principal of the British Museum, in which he thanks me for my article in *The Field*, saying:

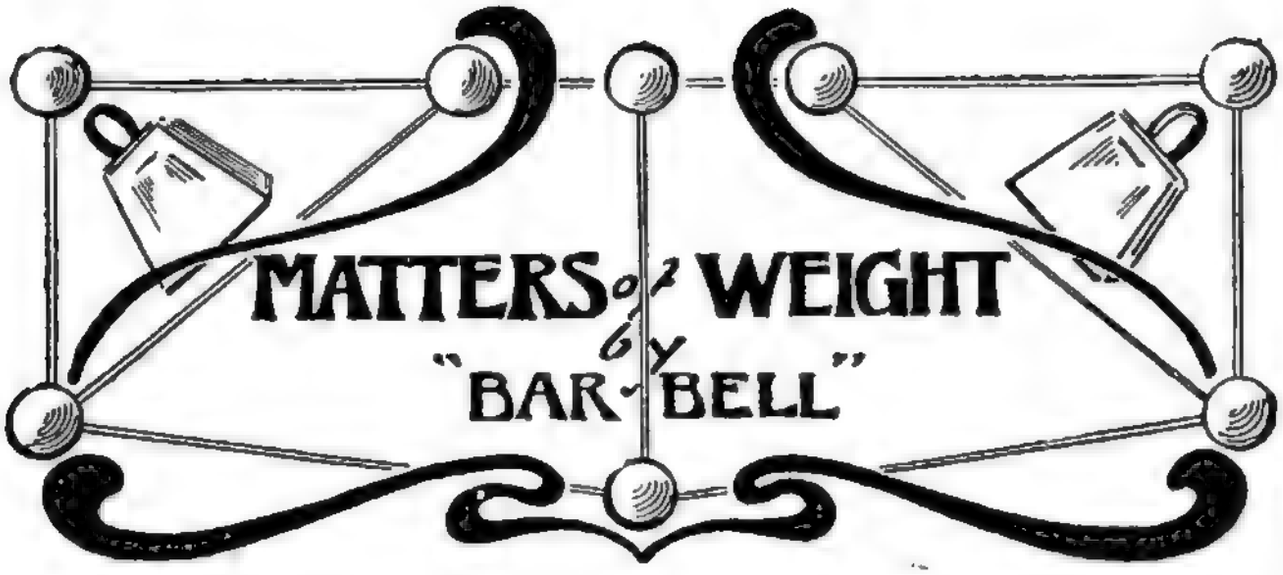
"I have read with great pleasure your most interesting and sensible letter in to-day's *Field*, and am glad to see that it has been more or less completely extracted in many of the daily papers. It is a refreshing contrast to the marvellous nonsense with which the papers have been flooded.

"It is an amusing circumstance that Jumbo's keeper, who had been engaged by Barnum to accompany the animal to America, stated that there would be great difficulty in getting Jumbo into his conveyance, and it was not until he was informed that Jumbo would be taken under the management of the American keepers that he could get him into his conveyance. This was not surprising considering the vast amount of tips that he received. Since then the riding on the elephants has been taken in hand by the Society, and twopenny tickets issued; these bring in a sum of nearly £800 a year, which formerly went into the pockets of the keepers.

"From their ponderous size and unwieldy character accidents with elephants are not unfrequent. A very serious one happened some time ago when one of the elephants accidentally trod on the foot of a keeper. Other incidents are recorded. It is not long since a lady dropped her bag in front of one of the animals that was standing for the children to mount. It was instantly picked up and conveyed into the mouth of the elephant, and, after a few mastications, swallowed. The silver coins were only crushed, and I have now a very much masticated half-crown, which, not being digested, appeared a few days afterwards. This was given me by the late Mr. Bartlett.

"To those who know how to manage them elephants are not so dangerous as may appear. The fact that Mr. Bartlett and a keeper lanced an enormous gumboil that appeared in Jumbo's face is a proof that with kindness and good management almost anything can be done with these animals except when they get in a state of 'must.' The severity of the operation may be inferred from the fact that it was not performed with an ordinary knife, but with a sharp cutting hook, which was caught in the side of the tumour and then pulled down by the united weight of Mr. Bartlett and one of the keepers. But it must be remembered that the late Mr. Bartlett was an extraordinary man. Notwithstanding his small size and fragile body, he was utterly fearless, and at the same time exceedingly ingenious in his management of animals. His cutting of the horn of a rhinoceros, and his abstracting a young hippopotamus from the infuriated parent; his seizing an escaped panther by the scruff of the neck, and capturing an escaped infuriated wolf as the keepers blinded its eyes with a police lantern, are but a few of the examples of his extraordinary courage and ability."





NATURALLY the most interesting event I have to record this month is the Weight-Lifting Championship Meeting of the Amateur Gymnastic Association, held on the 23rd January, at Birmingham. Hard things have been said of the A.G.A. from time to time—it has been accused of heedlessness towards the necessities and good government of weight-lifters and weight-lifting—but the fact remains that it is the governing body, and with that wholesome regard for the law in any form characteristic of the Englishman, the great majority of those interested in the sport recognise the authority of the A.G.A. and look upon the competitions it organises as the only meetings actually deserving the title of championships. And this state of things is quite correct, for were it non-existent a sad blow would be dealt to the amateur cause.

A brief sketch of the history of this championship meeting may not be out of place, and will be of interest to those who have not the knowledge thereof. Until the meeting held in the International Hall at the Café Monico, in January, 1891, weight-lifting was an athletic recreation confined to only the very few; amateurs had been attracted to it in but scanty numbers, yet remarkably good form was shown by those who entered for the event. Mr. Lawrence Levy, of the Birmingham Athletic Club, who has recently handed over the secretaryship of the A.G.A. to Mr. John Adams, and who knows, perhaps, more about weight-lifting and weight-lifters than any man in this country, ultimately proved the winner, beating such men as William Prance, and G. Clifford, whose feats at endurance lifting with a half hundredweight astonished more than a few. Another competitor, a mere stripling, who created some excitement by his one-handed lifting, *à la* Sandow—161 lbs. right hand—was destined to become the recognised champion weight-lifter of this country. In the same year an International Championship was held and Levy was again the winner. In 1899, the German Gymnasium was the venue of the championship meeting, and splendid form was shown, the middle-weight event falling to A. M. Spencer, with a total of 689½ lbs., and the heavy-weight to Launceston Elliot, who totalled 715¾ lbs. There was a lapse of two years, the next competitions taking place at Birmingham in 1901; W. Russell, who was regarded as a ten-stone marvel, winning the light-weight championship, and T. E. Pevier, whom I had seen years before weight-lifting and wrestling at the old Athletic Institute at Knightsbridge, captured both of the heavier events. The next year saw the triumph of W. P. Caswell in the light-weight class, his total, 518 lbs., being actually 3 lbs. in excess of that of Lane,

who took the middle-weights. T. Pevier, needless to say, was again winner in the heavy-weights, creating new records of 210 lbs. and 220 lbs. with left and right hands respectively. Last year no championship meeting was held.

A better, if as good, championship competition I have never seen than this year's; in point of entries, general management, results, and attendance of spectators it was a long way better than that I last saw in London. The most satisfactory feature, from the point of view of all except one or two interested parties, was the innovation limiting each competitor's attempts at the three different lifts to three trials, thus saving an enormous amount of time. Weight-lifting is a tedious thing to watch at the best of times unless one have a special interest in the proceedings; but when, as formerly, every man was allowed three attempts to raise a weight whatever he pleased to fix it at, the consequence was that some men made seven or eight separate lifts in connection with any one test before succeeding in lifting the highest weight of which they were capable. Tired and disagreeable were the officials who looked after such competitions, and the one who hoped to get away before midnight, even when there were less than a dozen entrants, was sadly disappointed. This year, with sixteen competitors, the proceedings were completed inside four hours. Nine men toed the line in the light-weight class, and although I had heard great things of what the Yorkshire weight-lifter, J. W. Weldon, was capable, having come on recently, my own opinion was that W. P. Caswell, in spite of a somewhat untrained look, would repeat his former success. Nor was I disappointed, for Caswell's three lifts totalled 513½ lbs., twenty-two pounds above Weldon's total. The latter must have been somewhat disappointed with the result, for his 491 lbs. failed to secure him the second place, that being occupied by a local lifter, a comparative youngster with a well-developed torso, but somewhat slight limbs, named Edwin Wolverson, who managed to beat Weldon by 6¼ lbs. F. Collins, who was runner up in 1902, was consequently somewhat low down on the list, but nevertheless lifted up to his usual form, being, it may be observed, the only competitor to make use of the jerk in the one-handed lifts in preference to the bent press. Below are the chief results.

LIGHT-WEIGHTS—10 st. 4 lbs.

	Right hand.	Left hand.	Barbell.	Total.
	lbs.	lbs.	lbs.	lbs.
W. P. Caswell, London	159	154	200½	513½
E. Wolverson, Birmingham.	163	143	191¼	497¼
J. W. Weldon, Leeds...	153	144	194	491
C. Priddle, London ...	116	134	187	437
F. Collins, London ...	120	133	177	430
S. G. Chapman, Birmingham.	112¼	139	177	428¼

W. H. Challingsworth, the Birmingham weight-lifter, who was bracketed third in 1902, had been, unfortunately, unable to enter, in consequence, of having competed at an unregistered meeting, the same applying to J. Carter, one of the best men of his weight in the Midlands. The suspension will expire at the end of the month. Special attention must be given to the performance of S. G. Chapman, a pupil of the Sandow School, Birmingham. His style of lifting is very satisfactory, clean, and without a suspicion of excessive strain, and given more practice with the left hand he should develop into a strong lifter. Were all entrants for weight-lifting contests to model themselves on Mr. Chapman's conduct, both in the arena andout of it, officials and judges would have far easier tasks.

Three of the five entrants in the middle-weight class were the place-holders of the last competition, the others being E. Wolverson and A. Bull, both of Birmingham. The former's exertions in the light-weights had evidently tired him, and after repeating his right-handed lift of 163 lbs.—the best in his own class—he did little more. Bull was

scarcely up to the work, and with Caswell—quite content to take the bronze medal—just doing enough to justify himself, the struggle for the gold medal was left to James Lane, the young lifter with wonderful physical development, from the Apollo Weight-Lifting Club, and W. House, who lost to Lane on the previous occasion by 5 lbs. A really desperate battle was the result, and if the order of lifting had been reversed I believe the result would have been reversed also. Lifting in fine style, his wonderful triceps muscles making the pressing of the bar-bells a comparatively easy matter, Lane went from 162¾ lbs. to 182¾ lbs. with his right hand and 160 lbs. to 170½ lbs. left, failing with the latter at 180 lbs. House replied with 170½ lbs. left, and 173 lbs. right, coming to grief with the latter at 182 lbs. Each raised 200½ lbs. in the first attempt with the bar-bell, and when Lane added 13 lbs. to this his opponent went half a stone better. Anxious to put the matter beyond all doubt Lane increased his bell to 230½ lbs., and failed. House, to whom the final lift fell, 3½ lbs. behind his rival, made his bar-bell up to 225 lbs. and won. Such a defeat reflects as much credit as a victory, and without any disparagement of House, who is a rare sticker to his work, it must be said that the second man has a more taking style, his lifting is cleaner, without the faintest suspicion of the weights touching the body in their progress.

With T. E. Pevier once more amongst the heavy-weights the result was naturally a foregone conclusion, yet Lane, who had also entered, worked as if he had only a lifter of ordinary calibre against him, and actually succeeded in overtopping both his own and House's totals in the middle-weight event. House contented himself with doing just enough to obtain third prize. W. P. Caswell and T. Herbert, of Slough, did not compete. Pevier has already won the heavy-weight championship twice—on the last occasion it may be remembered that D. Cooper, of Birmingham, the winner of the silver statuette in Sandow's World's Competition of three years ago, was second to him, proving, however, but a poor lifter—and he had little difficulty in winning the medal for the third year, 200¾ lbs. left, 200 lbs. right, and 230 lbs. with the bar-bell. Having put this matter beyond doubt Pevier set to work to smash records—and succeeded. Without exerting himself very greatly he increased the left hand record to 214 lbs., and after one failure succeeded in raising 225 lbs. with the right hand; both were absolutely fair, straightforward lifts. An attempt to beat Elliot's bar-bell record of 265 lbs. failed, Pevier making two attempts, but was unable to get the huge weight into the required position. The Amateur Champion seemed a bit on the heavy side, his weight being almost 13½ st. His height is 5 ft. 7¼ ins., and chest measurement 45 ins. Details:

MIDDLE-WEIGHT.

	Right hand.	Left hand.	Bar-bell.	Total.
	lbs.	lbs.	lbs.	lbs.
W. House, London ...	173	170¼	225	568½
J. Lane, London ...	182¾	170½	213¾	567
W. P. Caswell, London	154	159¼	181¼	494½

HEAVY-WEIGHT.

Tom Pevier, London ...	214	200	230	644
J. Lane, London ...	164¾	180¾	225¼	570¾

Several interesting items are unavoidably left over until next month. May I request all club secretaries to send me notes and reports of the monthly work of their clubs.

AND EDITORIAL CHAT.

ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on page xiii of advertisements.

All communications relating to Instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

J. D., Aberdeen.—This would be apt to cause stiffness in gait. I do not recommend it.

Scotsman.—A combination of both appliances gives the best results. Rest from exercise one day a week.

Scarabee.—A postal course would be most beneficial in your case. An operation is necessary for the trouble you mention in order to affect a radical cure.

J. T. Copeland.—To be candid, your developments are capable of improvement. My anthropometrical chart will afford you information as to proportionate measurements for your age and height. I should not advise you to do a great deal of weight-lifting; it is a science that needs very gradual and careful study.

Wm. Froggat.—My anthropometrical chart will give you the information your require.

Ewart Hopper.—Am glad to know that my visit produced such good results. Go on and persevere, and you will have no reason to regret the course you have taken. I have no competition on hand at present, but good health and strength should be sufficient inducement for you to continue.

E. Bevan.—You had better write to my Postal Instruction Department.

Sydney G. Clarke.—The movements of both developer and dumbbells should be made smartly and rhythmically in about three-four time.

M. Jacobson.—I will do my best in the matter you mention, but there are so many claims on the space at my command that I can make no definite promise.

W. M. D., Killarney.—(1) Your measurements, although good, are not, I think, as good as they might be; you must persevere. (2) I recommend "Plasmon" cocoa as most suitable. (3) Three or four springs are quite sufficient for you.

Waiting, Liverpool.—There should be no effort necessary in performing the function named. (2) Diet is important. What you really need is a course of instruction. My postal instruction course would probably meet your case.

J. M. S., Glasgow.—The book is merely for general purposes and as a guide. The best way to ensure proper treatment is to take a course of treatment by post; you would then be prescribed for *individually*.

A. K. Jahaquidor, Bombay.—Excess of exercise might have the effect you mention, just as lack of it would do. The yearly subscription to my Magazine is 8*s.* 6*d.* The bath should always be taken immediately after exercise.

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B. K., Surrey.—Braces better than belt. (2) Consult doctor re toe-joint. (3) I am told they are good, but I know that Plasmon are so. (4) The purest is most to be recommended, in my opinion.

H. S. H., Heworth.—Full particulars regarding my photos will be found amongst the advertisement pages. I have none of the assistant mentioned.

Sandow Pupil, Montreal.—(1) It is not a case of the more exercise you do the quicker you will get stronger. An hour to an hour and a half per day is ample, this provided your occupation is sedentary. If your occupation entails physical labour, then an hour or even less would be ample. (2) Should advise light dumb-bells four times per week, weight-lifting twice. No work on Sunday. (3) It is immaterial.

P. Q. L. R.—I suggest that you are over working with your brain. Exercise only four times per week for half-an hour each time. I shall be pleased to hear your report later.

T. Jones, Pontypridd.—Your measurements are good, and show excellent results after three months' training. Continue in the way you are going, and you will soon reach your high ambition. With regard to diet, I should avoid tea, and take Plasmon instead.

Ernest G. Gordon.—It would be most injurious to hold the breath whilst exercising the pectoralis muscles. Deep breathing should help you to eradicate pigeon-chest, but it must depend largely on your age. The standard book on Wrestling is "The Badminton" series.

Devonia.—Do not neglect one while working the other. A little Developer and Expander, say six exercises of each, will vary your work and make it much more interesting.

W. G. S. S.—(1) The exercises referred to for Grip Dumb-bells and Developer would prevent and cure round shoulders. (2) Breathing should be normal. (3) Both hands in one handle.

IMPORTANT NOTICE.

CHANGE OF ADDRESS.

The further extension of our business making so much demand on the space at disposal at the City establishment, 17 and 18, Basinghall Street, E.C., it has become necessary to find other offices for the Magazine, and in future the Editorial Offices will be at—

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where all communications should be addressed.

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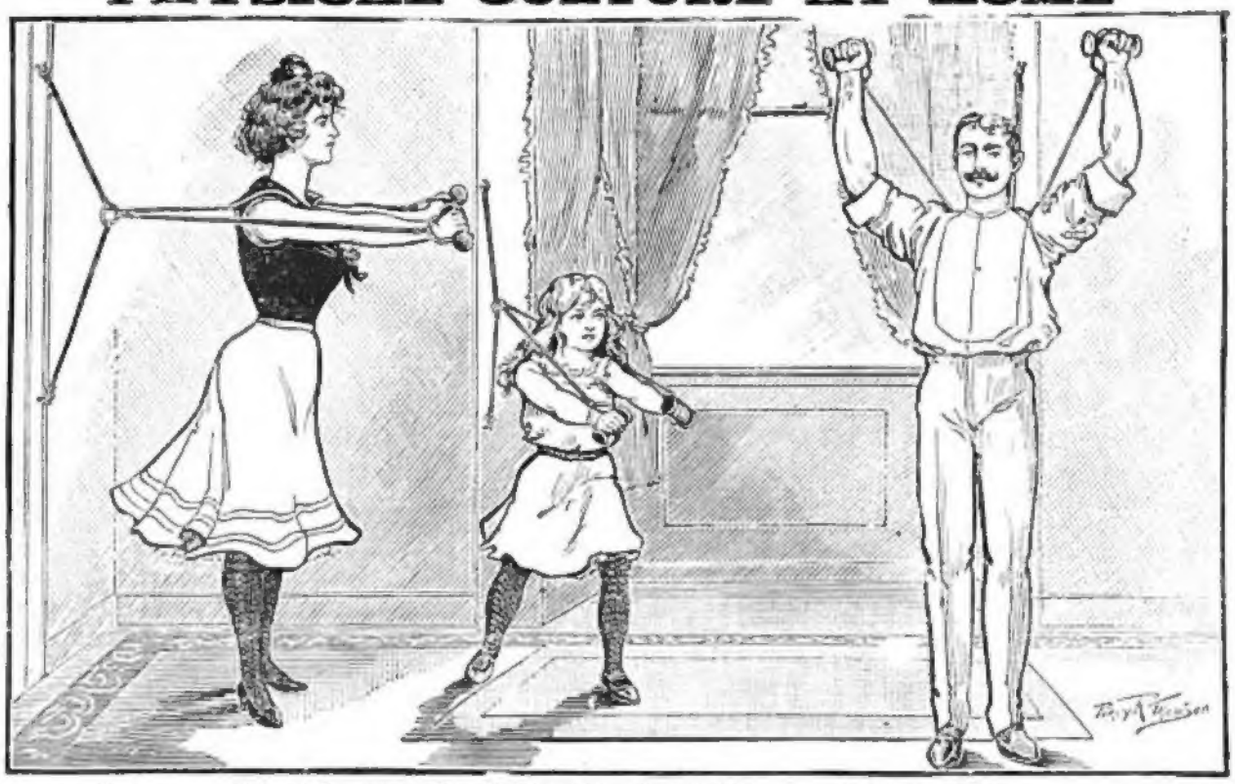

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